

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV
Selenium (elemental) as selenomethionine	200µg	364

*NRV = Nutrient Reference Value

INGREDIENTS: Natural lithothamnion calcarea, selenomethionine, anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate; zein protein coating.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, sugar, wheat, yeast.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

SELENIUM

Oxidative
protection



60 tablets
vegetarian and vegan

SELENIUM**FOOD SUPPLEMENT - 60 TABLETS**

- ✓ Selenium contributes to maintenance of normal hair and nails
- ✓ Selenium contributes to normal thyroid function
- ✓ Selenium contributes to the protection of cells from oxidative stress

DIRECTIONS: Adults take 1 tablet a day (children 8 and over 1 every other day) with a meal. Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Higher Nature Ltd, Burwash Common,
East Sussex TN19 7LX, UK
highernature.com



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