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product info

Read the entire label and follow the directions
carefully prior to use.

DIRECTIONS: Take one (1) capsule daily with
food, or as recommended by your healthcare
practitioner.

Each capsule provides:

Selenium (L-selenomethionine).....50 mcg
Selenium (sodium selenite).....50 mcg
Selenium (Se-Methyl L-Selenocysteine) ... 100 mcg

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



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LIFE
EXTENSION®

Super Selenium Complex

200 mcg & Vitamin E



Providing the Most
Advanced Form of Selenium

100 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin E	20.1 mg	134%
(as D-alpha tocopheryl succinate)		
Selenium	200 mcg	364%
(as Se-Methyl L-Selenocysteine, L-selenomethionine (yeast free), sodium selenite)		

Other ingredients: microcrystalline cellulose,
vegetable cellulose (capsule), stearic acid,
silica, dicalcium phosphate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.