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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 a healthcare practitioner.

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.



L01879C



**LIFE  
EXTENSION®**

**Se-Methyl  
L-Selenocysteine**  
200 mcg



**Advanced Form  
of Selenium**

**90** VEGETARIAN  
CAPSULES

DIETARY  
SUPPLEMENT

**Supplement Facts**

Serving Size 1 Vegetarian Capsule

**Amount Per Serving % Daily Value**

Selenium	200 mcg	364%
(as Se-Methyl L-Selenocysteine)		

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

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.