Carlson

Selenium

200 mcg • Yeast-Free

DIETARY SUPPLEMENT

✔ Prostate Health* ✔ Immune Support* ✔ Antioxidant*

180 Capsules | 180 Servings

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

	Amount Per Serving	% Daily Value
Selenium (from L-selenomethionine)	200 mcg	364%

Other Ingredients: Cellulose, dicalcium phosphate, beef gelatin capsule, magnesium stearate, silicon dioxide.

Directions: Adults: take one capsule daily **at mealtime.**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 USA • 888-234-5656
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Selenium is an essential trace mineral and an important component of glutathione peroxidase, an antioxidant that protects against free radical damage.* Muscle enzymes also use selenium to maintain normal mass and tone.*

Each capsule contains Selenium organically-bound with L-Methionine, an essential amino acid.

✔ Gluten-free
✔ No Artificial Preservatives

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