

USAGE: Take 1 capsule per day or 1 every other day, or as directed by your qualified healthcare professional.

NOTE: The total amount of selenium supplemented from all sources should not exceed the tolerable upper intake level (UL) for selenium of 400 mcg/day. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Selenium Synergy® contains a highly effective form of selenium, methylselenocysteine, in a synergistic formulation with Glucoraphanin, vitamin B₂ (riboflavin) and vitamin E, which promotes antioxidant protection against free radicals.*

**Keep out of the reach of children.
Store in a cool, dry place.**

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

Lot #. Best Used Before:

Jarrow
FORMULAS

Glucoraphanin

Selenium Synergy®

Activated Selenium

With Glucoraphanin
and Vitamins B₂ and E
200 mcg Methylselenocysteine

60
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin E (as d-Alpha Tocopheryl Succinate)	20 mg (30 IU)	130%
Riboflavin (Vitamin B ₂)	2 mg	150%
Selenium (as Methylselenocysteine)	200 mcg	360%
Glucoraphanin (from 75 mg of Broccoli Seed Extract) (<i>Brassica oleracea italica</i>)	10 mg †	

† Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin (BSE-free).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®
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APPROX. FILL LINE