

Certified



Corporation



MegaFood
Fresh From Farm To Tablet™

Selenium
Supports Optimal Health*



60
TABLETS
60
SERVINGS

**MINERAL
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings per Container 60

	Amount per Serving	% DV
• Selenium (mineral bound <i>S. cerevisiae</i>)	50 mcg	91%

Nourishing Food Blend*	345 mg	**
<i>S. cerevisiae</i> , Organic Spinach, Organic Ginger Root, Organic Turmeric Root, Organic Rosemary Leaf, Organic Parsley Leaf, Organic Oregano Leaf, Organic Brown Rice, Organic Broccoli, Organic Carrot, Organic Beet Root		

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Stearic Acid, Silica.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Selenium provides this essential mineral, supported with organic spinach, organic ginger root, organic turmeric root, organic rosemary leaf, organic parsley leaf, organic oregano leaf, organic brown rice, organic broccoli, organic carrot, organic beet root and botanicals to function as an antioxidant for the body.*

• This MegaFood product is made with real food, carefully selected herbs and added nutrients. Each mineral is paired with wholesome nutritional yeast using a unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.* See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

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

Made with Love by MegaFood, PO Box 5244,
Manchester, NH 03108 • megafood.com / 800.848.2542



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Lot#: _____
Best Before: _____

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To learn about our seals, please visit megafood.com/standards.