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E-400 Selenium™ provides selenium and natural-source vitamin E, antioxidants that work closely together to help protect tissues from damage caused by free radicals.\*

\*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.

**DIRECTIONS:** Take one tablet up to twice daily with meals or as directed by your healthcare practitioner.

**CAUTION:** Keep out of the reach of children.

**STORAGE:** Keep tightly closed in a cool, dry place.

**Formulated to Exclude:** Wheat, gluten, soy protein, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



**Metagenics**

Genetic Potential Through Nutrition

# E-400 Selenium™

**Antioxidant Protection Formula\***

Dietary Supplement

Vegetarian

60 TABLETS

## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

|                                             | Amount Per Serving | % Daily Value |
|---------------------------------------------|--------------------|---------------|
| Vitamin E (as d-alpha tocopheryl succinate) | 400 IU             | 1333 %        |
| Calcium                                     | 97 mg              | 10 %          |
| Phosphorus                                  | 74 mg              | 7 %           |
| Selenium (as selenium L-aspartate)          | 50 mcg             | 71 %          |

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, silica, stearic acid, magnesium stearate, croscarmellose sodium, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan).

Developed and Manufactured by: **METAGENICS, INC.**  
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