

Selenium is an essential nutrient to the human body which we require, but cannot make. This nutrient must be provided in the diet or in supplement form. For best results, we suggest using this product as part of a full nutritional program that also includes Ultimate Classic[®] and Ultimate[™] EFA[™].

WARNING: If you are pregnant, nursing or taking medications, consult your healthcare professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

DIRECTIONS: Take 1 capsule, three times a day, or as directed by your healthcare professional.

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Youngevity[®]

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Youngevity[®]

ULTIMATE[™]
SELENIUM

90
capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount per Serving	%DV*
Vitamin A (as beta carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D-3 (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Zinc (from zinc amino acid chelate)	100 mcg	143%
Selenium (from selenium amino acid chelate)	0.5 mg	25%
Copper (from copper amino acid chelate)	100 mcg	83%
Chromium (from chromium amino acid chelate)	200 mcg	

Proprietary Blend

[L-Aspartic Acid, European Elder Fruit Extract 10:1, Blueberry Fruit Extract (contains anthocyanins), Bilberry Fruit Extract (contains anthocyanins), Vanadium (from vanadium amino acid chelate)]

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

** Daily Value not established.

OTHER INGREDIENTS: Gelatin capsule (gelatin and water), gelatin powder, magnesium silicate.