

Bluebonnet's Selenium Glycinate Vegetable Capsules are formulated with 200 mcg of elemental selenium per serving from a low molecular weight glycinate amino acid complex from Albion. Selenium is an essential element that is necessary for immune health and thyroid support. ♦

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.
Keep out of reach of children.



♦ 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.



Bluebonnet

Selenium Glycinate

Immune & Thyroid Health ♦



Dietary Supplement **90** Vegetable Capsules

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving		% Daily Value
Selenium	200 mcg	364%
(as selenium glycinate complex)		

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by
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