

Suggested Usage: Take 1 capsule daily with a meal. ✦

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood, and wheat germ.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use. Keep out of reach of children.

Natural color variation may occur in this product.

**1 YEAR
happiness[™]
GUARANTEE**

Distributed by Lucky Health Group Inc.
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www.LuckyVitamin.com



CAPSULE SIZE



**LUCKY
VITAMIN**

Selenium

200 mcg

- Essential Mineral
- Yeast-Free

180 Veg Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Selenium (from L-Selenomethionine)	200 mcg	364%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.



LU1486B V1