

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



No Artificial Flavor or Sweetener, No Preservatives,  
No Sugar, No Starch, No Milk, No Lactose, No Gluten,  
No Wheat, No Fish. Sodium Free.

**TO REORDER ITEM # 15933**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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Puritan's Pride

# Absorbable Selenium

200 mcg

May reduce the risk of certain  
forms of cancer\* (see side panel)

200 rapid release  
softgels dietary supplement

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Selenium (as Selenium Yeast)	200 mcg	364%

**Other Ingredients:** Soybean Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax. **Contains <2% of:** Natural Caramel Color, Soy Lecithin, Titanium Dioxide Color.

Contains soy ingredients.

\*Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.