

**USAGE:** Take 1 capsule per day or 1 every other day or as directed by your qualified healthcare professional.

**NOTE:** The total amount of selenium supplemented from all sources should not exceed the tolerable upper intake level (UL) for selenium of 400 mcg/day. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Selenium Synergy®** contains a highly effective form of selenium, methylselenocysteine, in a synergistic formulation with **BroccoMax®** (rich in sulforaphane glucosinolate), vitamin B<sub>2</sub> (as riboflavin) and vitamin E (as d-alpha tocopheryl succinate).

**Keep out of the 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

Sulforaphane  
Glucosinolate



# Selenium Synergy®

Activated Selenium\*

With BroccoMax®  
and Vitamins B<sub>2</sub> and E  
200 mcg Methylselenocysteine

60  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Vitamin B <sub>2</sub> (as riboflavin)	2 mg	118%
Selenium (as methylselenocysteine)	200 mcg	285%
Sulforaphane Glucosinolate (from 75 mg of Broccoli Seed Extract, BroccoMax®) (Brassica oleracea)	10 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
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