

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 B₂ (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 Gluco Sinolte



Selenium Synergy® Activated Selenium*

With BroccoMax®
and Vitamins B₂ 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 ₂ (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 eggs, no fish/shellfish, no peanuts/tree nuts.

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PROD # 113006

Distributed Exclusively by:
Jarrow FORMULAS®
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