

PRODUCT INFORMATION:

One tablet typically provides:

Selenium	200µg	%NRV*
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*NRV = Nutrient Reference Value

INGREDIENTS: Lithothamnium calcareum, anti-caking agents: silicon dioxide, magnesium stearate; zein protein coating, l-selenomethionine.

No artificial colours, flavours or preservatives.

No yeast, added sugar or salt.

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

STORAGE: Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

SELENIUM

Oxidative
protection



60 tablets
vegetarian and vegan

**SELENIUM
FOOD SUPPLEMENT - 60 TABLETS**

- ✓ Selenium contributes to maintenance of normal hair and nails
- ✓ Selenium contributes to normal thyroid function
- ✓ Selenium contributes to the protection of cells from oxidative stress

DIRECTIONS: Adults take 1 tablet a day with a meal. Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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