

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

### Recommendations

1-2 capsules a day, or as directed by your healthcare professional.

### Warning

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING



Selenium  
200mcg

DIETARY SUPPLEMENT  
90 VEGETARIAN CAPSULES



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## Supplement Facts

Serving Size: 2 vegetarian capsules  
Servings Per Container: 45

	Amount Per Serving	%DV
Selenium	400mcg	727%
(50% as sodium selenite/ 50% as selenomethionine)		

Other Ingredients: Cellulose, Vegetable Cellulose Capsule, and Rice Powder.

Raw materials and finished products are independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

manufactured by  
**VITAL NUTRIENTS**  
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