

Suggested Usage: Take 1 tablet 1 to 2 times daily with food.

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood, and wheat germ.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



Selenium

100 mcg

Essential Mineral

Yeast Free

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (elemental) (from 20 mg L-Selenomethionine)	100 mcg	182%

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

CODE 1480 v7

