

Selenium is a potent antioxidant that helps fight free radicals in the body.* Free radicals can cause oxidative stress, which may damage cells. Selenium also supports a healthy immune system.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contains ingredients that may result in variation of color and appearance over time.



No Artificial Flavor or Sweetener,
No Sugar, No Starch, No Milk,
No Lactose, No Gluten, No Wheat,
No Fish. Sodium Free.

TO REORDER ITEM # 15930
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Rosetonkoma, NY 11779 U.S.A.
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www.puritan.com

 Puritan's Pride

Absorbable Selenium

200mcg

May Reduce the Risk of
Certain Forms of Cancer**

**DIFFERENT
COLOR**
(SAME PRODUCT)

100 rapid release
softgels dietary supplement

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Selenium	200 mcg	364%
(as Selenium Yeast)		

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax. **Contains <2% of:** Soy Lecithin, Turmeric Extract (Color).

Contains soy ingredients.

*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.

**Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.