

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

MegaFood[®]

From Farm to Tablet^{*}

Selenium

Supports a healthy
immune system[†]
Plus food & herb blend

60 TABLETS / 60 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 1 tablet daily with a beverage.
May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 60

Amount per serving	% DV
Selenium (as fermented selenium glycinate) 50 mcg	91%
*Food & Herb Blend 345 mg **	
S. cerevisiae, organic spinach, organic ginger root, organic turmeric root, organic rosemary leaf, organic parsley leaf, organic oregano leaf, organic brown rice, organic broccoli, organic carrot, organic beetroot	

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), stearic acid, silicon dioxide, hypromellose.

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Selenium provides an essential mineral and is supported with a range of additional foods and herbs: organic spinach, ginger root, turmeric root, rosemary leaf, parsley leaf, oregano leaf, brown rice, broccoli, carrot, and beetroot.

Satisfaction guaranteed or your money back.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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