

Suggested Usage: Take 1 capsule daily with a meal.

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.



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Selenium (elemental) (from 40 mg L-Selenomethionine)	200 mcg	364%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule) and Stearic Acid (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.

Store in a cool, dry place after opening.

Selenium

200 mcg

Essential Mineral

Yeast Free

90 Veg Capsules

Non-GMO

A Dietary Supplement Vegetarian/Vegan



CAPSULE SIZE



CODE 1485B V9

