

**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<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------|-----------------------|------------------|
| Selenium (elemental)<br>(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](http://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

180 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



CAPSULE SIZE



CODE 1486B V9

