



**PROTOCOL  
FOR LIFE BALANCE®**

**Selenium**

**200 mcg**

**L-Selenomethionine**

•High Bioavailability



**90 Veg Capsules**

A Dietary Supplement Vegetarian/Vegan



## 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).

Formulated & Distributed by Protocol For Life Balance  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
protocolforlife.com

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.

Natural color variation may occur in this product. Store in a cool, dry place after opening.

\*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.

**SUGGESTED USAGE:** Take 1 capsule daily, preferably with a meal, or as directed by your healthcare practitioner.

**HOW IT WORKS:** Selenium is an essential trace mineral that is necessary for the production of the enzyme glutathione peroxidase, a potent free radical scavenger.\* Selenium is important for endocrine health, and is especially critical for proper thyroid and prostate function.\* It is also known to support the maintenance of normal immune system function and colon health.\* This product is in its naturally-occurring form and is appropriate for vegetarians.

**CAUTIONS/INTERACTIONS:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a healthcare practitioner prior to use. Do not exceed recommended dose unless directed by your healthcare practitioner.

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