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**Directions:** Take 1 capsule up to two times per day, or as directed by your healthcare professional.

**Description:** Selenium is the important co-factor of the powerful antioxidant enzyme, glutathione peroxidase. Methylselenocysteine (MSC) has been shown to be one of the safest and most bioavailable forms of selenium commercially available.\*

Keep container tightly closed in a cool, dry and dark place. Keep out of reach of children.

\*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.

This product is manufactured in a NSF GMP registered facility.

300-VRP7861-E

Vitamin Research Products®

Since  1979

# Methylselenocysteine

Dietary Supplement  
120 capsules

TESTED FOR QUALITY & PURITY

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value	
Selenium (methylselenocysteine)	200 mcg	286%

**Other Ingredients:** Microcrystalline cellulose and hydroxypropylmethylcellulose (vegetarian capsule).

Manufactured for and distributed by:

**VRP Brand, LLC**

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Carson City, NV 89706 USA

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