

Do not accept if seal is broken. Product No. 2876

Store between 59°-86° F. Keep out of the reach of children.

L-Selenomethionine is a major bioactive form of Selenium and is "yeast free."



Lot No:

11B683C
02/14

Best by:



MINERALS

SELENIUM

100 mcg

A "yeast free" form of Selenium
180 Tablets

Mineral Supplement



Country Life®

Directions: Adults take one (1) tablet daily as a dietary supplement, preferably with meals. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Selenium (as L-selenomethionine)	100 mcg 143%

Other Ingredients: Cellulose, cellulose & glycerin coating, stearic acid, silica, magnesium stearate, vegetable glaze.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.

Country Life

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