



CODE 1480

V2

Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive.

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood and wheat germ.

SUGGESTED USAGE: As a dietary supplement, take one tablet 1 to 2 times daily, preferably with meals. Consider taking this product in combination with NOW® Tru-E BioComplex™, Antioxidant Caps and Alpha Lipolic Acid. **Caution:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.



Selenium

ESSENTIAL MINERAL

100 mcg

Yeast-Free

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	100 mcg	140%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Vegetarian/Vegan Product.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

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