

PRODUCT INFORMATION

One tablet typically provides:
Selenium (elemental)
as selenomethionine

200µg

INGREDIENTS: Natural *Lithothamnion calcarea*;
selenium (as selenomethionine prep.), anti-caking
agent: silicon dioxide; anti-caking agent: magnesium
stearate*; zein protein coating. *(vegetarian source)

DOES NOT CONTAIN: sugar, soya, wheat, gluten,
yeast, lactose, dairy products, artificial preservatives,
colours or flavourings.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.



HIGHER NATURE®

SELENIUM

200µg

60 tablets
VEGAN
FOOD SUPPLEMENT

SELENIUM 200µg 60 tablets

DIRECTIONS: Take 1 tablet a day
(children over 8 years, 1 every other
day), with a meal, or as your health
professional advises. Do not exceed
recommended daily intake. A daily
multivitamin is also recommended.

Food supplements should not be
used as a substitute for a varied and
balanced diet and healthy lifestyle.

This bottle has a UV filter.
Keep out of reach of children.
Ensure lid is tight and store in a cool,
dry, steam-free environment as damp
conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.co.uk

