

One tablet of selenium typically provides:	%RDA*
Selenium 200µg	364
*RDA = Recommended Daily Allowance	

INGREDIENTS: Selenium enriched *Saccharomyces cerevisiae* (enzyme digested) (with soya); bulking agent: natural *Lithothamnion calcarea*; anti-caking agent: stearic acid*; anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavouring (agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian source)

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

TRUE FOOD® SELENIUM also contains B vitamins, betaglucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

Saccharomyces cerevisiae is grown in a non GM soya-based medium. The yeast cell walls are gently pre-digested and broken down with enzymes from pineapple and papaya fruit to release the nutrients within each cell.

Yeasts take in nutrients rather than consuming them so are valued food sources for nutrients.

Suitable for vegetarians and vegans.

This product is not tested on animals.

HIGHER NATURE®

TRUE FOOD SELENIUM

protection from oxidative
stress plus a full spectrum
of food-based nutrients

60 tablets
VEGAN
FOOD SUPPLEMENT

SELENIUM

60 tablets

- ✓ Selenium contributes to the protection of cells from oxidative stress.

TSE060
114

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

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

TRUE FOOD® SELENIUM is made using a very special fermentation process. A culture of *Saccharomyces cerevisiae* is enriched with selenium forming natural bonds in a true food form for better absorption in the gut and optimum bioavailability. **TRUE FOOD® SELENIUM** is twice as bioavailable as inorganic selenium.

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.



TSE-109-02



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