

Selenium is an essential trace mineral. It is a component of the powerful antioxidant enzyme glutathione peroxidase, which helps to fight cell-damaging free-radicals. Selenium also helps recycle Vitamin E, which in turn helps promote cell protection. This formulation provides Selenium from primary grown yeast.*

Carefully Manufactured by:
**Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.**

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
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SOLGB72500 00B



SELENIUM 50 MCG

NATURAL ANTIOXIDANT*
PROMOTES CELL PROTECTION*

DAIRY FREE
SUITABLE FOR VEGETARIANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Servings Size: 1 Tablet

Amount Per Serving		%DV
Selenium	50 mcg	71%
(as primary grown yeast)		

DV = Daily Value

Other Ingredients: *Saccharomyces cerevisiae* (Baker's Yeast, Brewer's Yeast), Silica, Vegetable Stearic Acid. Contains Wheat†

†Baker's Yeast and Brewer's Yeast are derived from wheat.

FREE OF: Dairy, Soy, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) to four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to yeast. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

