

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 to promote cell protection. This formulation provides Yeast-Free Selenium as L-selenomethionine.*

Carefully Manufactured by:
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SOLGB72551 00B

Since 1947
**YEAST-FREE
SELENIUM
100 MCG
L-SELENOMETHIONINE**

**NATURAL ANTIOXIDANT*
PROMOTES CELL PROTECTION***

**GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS**

100 TABLETS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

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

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Cellulose.

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) tablets daily, preferably at mealtimes, 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. 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.

