

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 and naturally assists in detoxification. Selenium also helps recycle Vitamin E, which in turn helps promote cell protection. Selenium can help to support a healthy immune system. It also plays an integral role in thyroid hormone metabolism and the support of thyroid function. This formulation provides Selenium from primary grown yeast.*

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:
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SOLGB72540 00B



SELENIUM 200 MCG

NATURAL ANTIOXIDANT*
PROMOTES CELL PROTECTION*

DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Selenium (as primary grown yeast)	200 mcg	286%

DV= Daily Value

Other Ingredients: *Saccharomyces cerevisiae* (Baker's Yeast, Brewer's Yeast), 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) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. Avoid this product if you are allergic to yeast. If you are 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.

*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.

