

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 to promote cell protection. It is also necessary for thyroid hormone metabolism and healthy thyroid function. This formulation provides Yeast-Free Selenium as L-selenomethionine.*

Carefully Manufactured by:
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SOLGB72556 00B



YEAST-FREE
SELENIUM
200 MCG
L-SELENOMETHIONINE

NATURAL ANTIOXIDANT*
PROMOTES CELL PROTECTION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Selenium	200 mcg	286%
(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) tablet daily, preferably at meal-time, 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.

