

**store sealed in a cool dry place**

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

**Recommendations**

1-2 capsules a day, or as directed by your  
healthcare professional.

**Warning**

If pregnant, consult your physician before  
taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT,  
RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY  
PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING



**Selenium**  
**200mcg**

**DIETARY SUPPLEMENT**  
**90 VEGETARIAN CAPSULES**



**Supplement Facts**

serving size: 2 vegetarian capsules  
servings per container: 45

|                                                      | amount<br>per serving | % daily<br>value |
|------------------------------------------------------|-----------------------|------------------|
| Selenium                                             | 400mcg                | 572%             |
| (50% as sodium selenite/<br>50% as selenomethionine) |                       |                  |

Other Ingredients: Cellulose, Vegetable  
Cellulose Capsule, and Rice Powder.

Raw materials and finished products are  
independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

manufactured by  
**VITAL NUTRIENTS**  
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