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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule per day with food, or as recommended by your healthcare practitioner.

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Each capsule provides:

Selenium (L-selenomethionine¹) 50 mcg
Selenium (sodium selenite) 50 mcg
Selenium (Se-Methyl L-Selenocysteine) 100 mcg

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.



Q01778B

LifeExtension®

Super Selenium Complex

200 mcg & Vitamin E



Providing the Most
Advanced Form of Selenium

Dietary
Supplement

100 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin E (as D-alpha tocopheryl succinate)	30 IU	100%
Selenium (as Se-Methyl L-Selenocysteine, SelenoPure™ ¹ L-selenomethionine (yeast free), sodium selenite)	200 mcg	286%

Other ingredients: rice flour, vegetable cellulose (capsule), L-leucine, dicalcium phosphate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

1 - SelenoPure™ is a trademark of Nutrition 21.