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product info

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

DIRECTIONS: Take one (1) capsule daily, with food,
or as recommended by a healthcare practitioner.

Store tightly closed in a cool, dry place.

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.



Q01879A

LifeExtension®

**Se-Methyl
L-Selenocysteine**

200 mcg



**Advanced Form
of Selenium**

Dietary
Supplement

90 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Selenium	200 mcg	286%
(as Se-Methyl L-Selenocysteine)		

Other ingredients: rice flour, vegetable cellulose (capsule), ascorbyl palmitate, silica.

Non-GMO

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

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