

**SUGGESTED USAGE:** Take 1 capsule daily, preferably with a meal, or as directed by your healthcare practitioner.

**HOW IT WORKS:** Selenium is an essential trace mineral that is necessary for the production of the enzyme glutathione peroxidase, a potent free radical scavenger.\* Selenium is important for endocrine health, and is especially critical for proper thyroid and prostate function.\* It is also known to support the maintenance of normal immune system function and colon health.\* This product is in its naturally-occurring form and is appropriate for vegetarians.

**CAUTIONS/INTERACTIONS:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a healthcare practitioner prior to use. Do not exceed recommended dose unless directed by your healthcare practitioner.

**Do not eat freshness packet. Keep in bottle.**

CODE  
P1485B  
V6



**PROTOCOL  
FOR LIFE BALANCE®**

# Selenium

## 200 mcg

### L-Selenomethionine

- High Bioavailability

90 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Selenium (from L-Selenomethionine)	200 mcg	364%

Other ingredients: Rice Flour, Cellulose (capsule) and Stearic Acid (vegetable source).

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA  
protocolforlife.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

\*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.