

PL480

NO PRESERVATIVES ADDED
NO LACTOSE
NO ARTIFICIAL COLOR OR FLAVOR



ACTUAL
SIZE



Longs
WELLNESS

natural

Selenium

200 mcg

Dietary Supplement



100 TABLETS

Product Benefit

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Selenium (Selenium Yeast) 200 mcg	285%

INGREDIENTS: Calcium Carbonate, Selenium Yeast, Cellulose, Maltodextrin, Croscarmellose Sodium, Crospovidone, Silicon Dioxide, Corn Starch, Magnesium Stearate, Povidone, Polyethylene Glycol.



Distributed by Longs Drugs
Walnut Creek, CA 94596
For further information contact
1-800-TO-LONGS or Longs.com



Suggested use: Take one tablet daily with a full glass of water, preferably after a meal. Do not exceed one tablet daily without consulting a physician.

Keep out of the reach of children.
Keep in a cool dry place, tightly closed.

No artificial colors have been added to this formula, the product may vary in color.

Works with other antioxidants to guard cells and tissues from free radical damage.

LNG30645A06

FRESHNESS AND POTENCY GUARANTEED THROUGH: