



# selenium

100mcg

mineral  
300 tablets  
dietary supplement

antioxidant ✓  
cellular health ✓  
thyroid ✓

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium	100 mcg	182%
(as l-selenomethionine)		

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, purified water, hydroxypropyl methylcellulose, polyethylene glycol.

**Does not contain:** Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

✓ 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.

**DIRECTIONS:** As a dietary supplement, take one (1) tablet daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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