

Selenium is an essential trace mineral. It is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight cell-damaging free-radicals.* Selenium also helps recycle Vitamin E, which adds additional antioxidant support.* It is also important for thyroid hormone metabolism and healthy thyroid function.* This formulation provides Yeast-Free Selenium as L-selenomethionine.

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:
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SOLGB72556 04E



YEAST-FREE
**SELENIUM
200 MCG
L-SELENOMETHIONINE**

ANTIOXIDANT HEALTH*
SUPPORTS IMMUNE SYSTEM HEALTH*

NON-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Selenium	200 mcg	364%
(as L-selenomethionine)		

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Cellulose.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

