Selenium

200 mcg Yeast Free * From Selenomethionine



enlarge bottle

Selenium is essential for the functioning of glutathione peroxidase (GSH peroxidase), one of the body's main antioxidants. Selenium has a close relationship with vitamin E. Vitamin E performs similar functions to GSH peroxidase, including protecting cell membranes by detoxifying peroxides and other free radicals. GSH peroxidase may also regenerate oxidized vitamin E in microsomal membranes.

Supplement Facts

Serving Size: 1 tablet

	Amount	%DV
Calcium	50 mg	0.06
Selenium (as yeast-free L-selenomethionine)	200 mcg	2.9

Other Ingredients: dibasic calcium phosphate, microcrystalline cellulose, stearic acid and magnesium stearate.

Warning: If you are pregnant or breastfeeding, consult your health care professional before using this product.

Suggested Use: One tablet daily.

Suitable for vegetarians and HYPOALLERGENIC: con-tains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

SN0922 60 tabs • SN0923 120 tabs

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