



Selenium

A vegetarian capsule containing 200 mcg of Selenium in the citrate form, for maximum bioavailability.

Selenium protects normal cell function by supporting the body's natural defenses and scavenging harmful free radicals.* It is an antioxidant and a component of glutathione peroxidase, one of the body's main antioxidant enzymes.*

Recommended for:

- Cardiovascular health*
- Liver support*
- Detoxification support*
- Thyroid support*
- Joint comfort*
- Fertility*
- Mood balance*
- Prostate health*
- Skin health*
- Keeping hair from graying*

Selenium Supports:

- Reduction of free radicals formation*
- Immune system function and aid in antibody production*
- Cardiovascular function and protects low density lipoproteins from becoming oxidized*
- Fat metabolism by balancing thyroid hormone*
- The synthesis and metabolism of thyroid hormones* The thyroid gland has higher concentrations of selenium than any other organ in the body.
- Prostate health*
- Fertility*
- Supports mood balance*
- Selenium is essential for proper fetal growth and development*

- Production of prostaglandins, enzymes and hormones, to decrease platelet aggregation, detoxify unwanted substances and to strengthen the immune system*
- Energy production in the mitochondria by preventing the formation of free radicals*
- Elasticity of tissues*
- Some heart and skin conditions are linked with low levels of selenium and glutathione peroxidase.* A deficiency of Selenium has been linked to heart dysfunction, fatigue, infertility, high cholesterol, increased susceptibility to infection and growth impairment.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Selenium (as Selenium Citrate) 200 mcg

Other ingredients: rice flour, vegetable cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 capsule, 1 to 2 times daily, or as directed by your healthcare practitioner.

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*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.