

Selenium 200mcg



Supplement Facts		
Serving Size: 1 Vegetable Capsule		
Amount Per Serving		
	Amount	% Daily Value
Selenium (L-Selenomethione)	200 mcg	286%

Selenium is an essential nutrient for humans. The human body cannot produce it, and has to be obtained from our diet. The deficiency of Selenium could cause problems with the heart, joints, eyes, immune system and the reproductive system.

Selenium is necessary in the body's production of selenoproteins, a family proteins that contain selenium in the form of an amino acid. So far, 25 different selenoproteins in the body have been isolated, but only half of their functions have been identified.

Human and animal research has found selenoproteins are involved in embryo development, thyroid hormone metabolism, antioxidant defense, sperm production, muscle function.

Other ingredients: Rice flour, vegetable cellulose, vegetable magnesium stearate and silicon dioxide.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN COOL, DRY PLACE.**

SUGGESTED USE: 1 capsule daily preferably with a meal or as directed by a healthcare professional.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

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.