

Prod. No. 3200



SELENIUM

200 mcg

**Helps Support
the Immune
System***

DIETARY
SUPPLEMENT

50 TABLETS



Selenium is an essential trace mineral that plays many important roles in the body:

- As a component of the antioxidant enzyme, glutathione peroxidase, selenium helps to protect cells from the harmful effects of free radicals.*
- Selenium spares Vitamin E, which in turn boosts the cell's antioxidant defense system.*
- Selenium plays a role in the structure of teeth.*
- Selenium helps support the immune system.*

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

GUARANTEED FREE OF: wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

*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.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Selenium 200 mcg (as Selenium Yeast)	286%

OTHER INGREDIENTS: Dicalcium Phosphate, Brewer's Yeast, Cellulose (Plant Origin), Vegetable Stearic Acid, Cellulose Coating.

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

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