

# **Super Selenium**

## **Description**

### **Product number B010 - 100 Vegicaps**

Easily absorbable form of selenium that naturally occurs in our diet. Selenomethionine (often abbreviated as SeMet) is a naturally occurring organic form of the essential trace mineral selenium. It's basically the selenium version of the amino acid methionine — where selenium replaces the sulfur atom in methionine's structure.

### **The selenium trace element contributes to:**

- The protection of cells against oxidative stress
- The normal functioning of the thyroid gland
- The normal functioning of the immune system
- Normal spermatogenesis
- The maintenance of normal hair and normal nails

### **Ingredients and % Reference Intake per Vegicapsule:**

Selenium (as L-selenomethionine) 200 mcg (elemental, 364% RI)

Filler: microcrystalline cellulose. Capsule wall: HPMC.

### **Usage and warnings:**

Adults take 1 capsule per day. Do not exceed the recommended dosage and keep out of reach of children. Do not use in case of hypersensitivity to one of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.