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conclusive.

Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive.

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood and wheat germ.

SUGGESTED USAGE: As a dietary supplement, take one tablet 1-2 times daily, preferably with meals. **Caution:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.

Selenium

100 mcg

Yeast-Free

250 Tablets

A Dietary Supplement
Vegetarian Formula



This seal certifies that the manufacturer of this product uses quality systems and procedures that comply with NSF's Dietary Supplement GMP standards. The quality of individual ingredients, however, has not been certified.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	100 mcg	140%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk or preservatives.

Vegetarian Formula.

CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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