

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Color, Flavor or Sweetener. No Preservatives. No Sugar, No Starch, No Milk, No Lactose, No Soy, No Fish, Sodium Free.

TO REORDER ITEM # 5445

www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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 **Puritan's Pride**

Selenium

100 mcg

May reduce the risk of certain
forms of cancer (see side panel)

100 Tablets

Vegetarian
DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet up to two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Selenium (as Selenium Yeast)	100 mcg	182%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Brewer's Yeast. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Contains wheat ingredients.

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