

**Suggested Usage:** Take 1 tablet 1 to 2 times daily with food.

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

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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use. Keep out of reach of children.

**Do Not Eat Freshness Packet.**  
**Keep in Bottle.**

Natural color variation may occur in this product.

CODE 1480 V4



7 33739 01480 1



# Selenium

## 100 mcg

Essential Mineral

Yeast-Free

100 Tablets



A Dietary Supplement    Vegetarian/Vegan



Minerals

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (from L-Selenomethionine)	100 mcg	143%

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

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

