

Sodium Selenite Solution (selenium)**50 mcg per drop, 2 oz bottle**

Item Catalog Number: 00046

As an essential cofactor of glutathione peroxidase,⁸⁶ selenium is an important antioxidant.⁸⁷ Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Other selenoproteins help regulate thyroid function and play a role in the immune system, DNA repair, and the detoxification of heavy metals.⁸⁷⁻⁹² * High doses of vitamin C (over one gram) may reduce the absorption of selenium. This mineral is best taken one hour before or 20 minutes after taking vitamin C supplements.⁹³

Sodium selenite liquid provides a convenient form in which to take additional selenium apart from meals. Each bottle contains about 80 drops.

References**Supplement Facts**

Serving Size 5 drops (0.75 ml)

Servings Per Container 80

Amount Per Serving

Selenium (as sodium selenite) 250 mcg

Other ingredients: purified water.

Dosage and Use

- One to five drops daily with meals are suggested, depending on total selenium daily intake, or as recommended by a healthcare practitioner.

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