

Se-Methylselenocysteine**200 mcg, 100 capsules**

Item Catalog Number: 00567

As an essential co-factor of glutathione peroxidase,⁸² selenium is an important antioxidant.⁸³ 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.⁸³⁻⁸⁷ High doses of vitamin C (over one gram) may enhance the absorption of selenium. This mineral is best taken in conjunction with antioxidant supplements, such as vitamins C or E.^{88,89}

Se-methylselenocysteine (SeMC) is a naturally occurring seleno-amino acid that is synthesized by plants such as garlic and broccoli.⁹¹⁻⁹⁴ SeMC is an organoselenium compound and also more bio-absorbable than other forms. Unlike selenomethionine, which is incorporated into proteins in place of methionine, SeMC is not incorporated into any proteins, thereby being fully available for the synthesis of selenium containing enzymes, such as glutathione peroxidase.⁹⁵

References**Supplement Facts**

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Selenium (as Se-methylselenocysteine)

200 mcg

Other ingredients: microcrystalline cellulose, gelatin, magnesium stearate.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule per day with a meal, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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