

**Super Selenium Complex & Vitamin E**

**200 mcg, 100 capsules**

Item Catalog Number: 00578

As an essential co-factor of glutathione peroxidase,<sup>82</sup> selenium is an important antioxidant.<sup>83</sup> 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.<sup>83-87</sup> For best results, take with meals.

This product provides the most advanced forms of selenium on the market. Vitamin E has been added because it works synergistically with selenium.<sup>90</sup>

**References**

**Supplement Facts**

Serving Size 1 capsule

Servings Per Container 100

**Amount Per Serving**

Vitamin E (as D-alpha tocopheryl succinate)	30 IU
Selenium (as Se-methylselenocysteine, SelenoPure™-selenomethionine <sup>1</sup> , sodium selenate, selenodiglutathione)	200 mcg
Each capsule provides:	
Selenium (L-selenomethionine <sup>1</sup> )	50 mcg
Selenium (sodium selenate)	50 mcg
Selenium (selenodiglutathione)	25 mcg
Selenium (Se-methylselenocysteine)	75 mcg

Other ingredients: rice flour, gelatin, vegetable stearate, dicalcium phosphate, microcrystalline cellulose.

Contains soybeans. Contains rice.

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

1 - SelenoPure™ is a trademark of Nutrition 21.

**Dosage and Use**

- Take one capsule per day with food, or as recommended by your healthcare practitioner.

**Caution**

Because vitamin E inhibits blood clotting, consult your healthcare practitioner if you are taking anticoagulant drugs or have a bleeding disorder.

**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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