

Selenomethionine **NON GMO**



- L-selenomethionine
- Antioxidant for Good Health
- Easily absorbed and retained

Selenium is required by the body as a trace element for the production of an important antioxidant called glutathione peroxidase. Selenium can prevent oxidization and thereby protect cells and tissues from free radicals.

Selenium is concentrated in the kidneys, liver, muscles and the thyroid. It boosts and helps regulate the immune system and fights back infections, some harmful bacteria and viruses.

Selenium deficiency reduces the activities of the selenium-dependent antioxidant enzymes, leading to a number of functional disorders including skeletal muscle dysfunction, cardiac dysfunction, hepatic degradation, increased capillary permeability, and pancreatic degeneration.

L-selenomethionine is easily absorbed in the gastrointestinal tract and is better absorbed and retained in the body than other forms including selenite or selenate. Organic forms of selenium, such as

L-selenomethionine, are selenium bound to methionine, an essential amino acid.

Each Capsule Contains:

Medicinal Ingredient:

Selenium (L-selenomethionine) 200 mcg

Non-medicinal Ingredients: Microcrystalline cellulose, vegetarian capsule (cellulose, purified water), vegetable grade magnesium stearate (lubricant).

Recommended adult dose: 1 capsule daily with food or as directed by a health care practitioner. Keep out of reach of children.

CODE: 0199-60 veg caps **NPN:** 80004951