

# Product Information Sheet



Antioxidants

Vitamins, Minerals and Multis

## **Selenium 200µg**

### **Selenium Chelated to Methionine**

**V Ve**

Selenium chelated to the amino acid methionine is one of the most readily absorbable forms of selenium. It is a vital trace element which is often lacking in the modern diet.

#### **Ingredients:**

##### **Each capsule typically contains:**

L-Selenomethionine

200 µg

#### **Encapsulated with:**

Gelatin

Microcrystalline cellulose

#### **Features:**

Selenium is essential for glutathione regeneration and activity in the body.

Glutathione is used by the body for Phase II conjugation of toxins.

Selenium functions as a cofactor nutrient in the production of glutathione peroxidase and is therefore critical in supporting glutathione's antioxidant and detoxifying properties.

#### **Recommendation:**

1 capsule daily with a meal, or as directed.

#### **Caution:**

None known if directions are followed.

#### **Product Code:**

3240

#### **Package Size:**

60