

Se-Methylselenocysteine is an organic selenium compound found naturally in some plants such as garlic, onions, broccoli and wild leeks grown in high selenium soil. It provides the essential trace element selenium which can be incorporated as selenocysteine into the active sites of selenoproteins, such as the antioxidant glutathione peroxidase. This formulation provides a bio-active form of selenium in a convenient, two-piece, vegetarian capsule.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Carefully Manufactured by:  
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# Se-METHYL- SELENOCYSTEINE 200 MCG

ADVANCED BIO-ACTIVE FORM OF SELENIUM\*  
HELPS PRODUCE ANTIOXIDANT  
SELENOPROTEINS\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS

60 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Selenium	200 mcg 286%
(as Se-methylselenocysteine)	

DV= Daily Value

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule daily, with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

