

Selenium 200µg

(as L-Selenomethionine & Sodium Selenite)

Presentation

An off white clear coated round tablet.

Each tablet delivers:

Selenium (as L-Selenomethionine & Sodium Selenite) 200µg

Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating
(Hydroxypropyl Methylcellulose, Glycerin), Anti-caking Agents
(Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) and vegans (V)



quantity
60

type
tablets

code
8269

Presentation

A cream speckled round uncoated tablet.

Each tablet delivers:

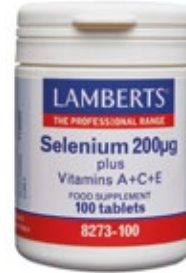
Vitamin A 400µg
Vitamin E 24mg
Vitamin C 80mg
Selenium (as L-Selenomethionine & Sodium Selenite) 200µg

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents
(Silicon Dioxide, Stearic Acid, Magnesium Stearate),
Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) and vegans (V)



quantity
100

type
tablets

code
8273

Uses

Dietary intakes of selenium in the UK during the 70's were nearly twice the level we consume today! Moreover, official figures show that the selenium intake for 80% of adults in the UK is now below the Nutrient Reference Value (NRV).

Usage and administration

Selenium 200µg

1 tablet daily.

Selenium 200µg + A + C + E

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

This situation is due in part to the reduction in imports of selenium-rich, high protein wheat used for bread making from North America, coupled with the wide usage of selenium-antagonistic artificial fertilisers and acid rain exposure.

Selenium is known to contribute to the maintenance of normal hair and nails as well as the regular function of the immune system.

Selenium is a vital component of the body's antioxidant defence system; involved in the protection of cells from oxidative stress (by free radicals) and a key player in thyroxine metabolism. It is also an invaluable nutrient in reproductive health, specifically in its role in male fertility, as it contributes to normal spermatogenesis. It is clear to see why falling dietary intakes of selenium are a real cause for concern.