

# Selenium

Supports antioxidant defenses, immune function and cellular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy cell function and immune health support<sup>†</sup>

## BENEFITS

- Supports antioxidant defenses and cellular health<sup>†</sup>
- Provides immune system support<sup>†</sup>
- Promotes healthy blood flow<sup>†</sup>
- May help support healthy growth and fertility<sup>†</sup>

## FEATURES

- Available in citrate and selenomethionine forms
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Selenium is an essential cofactor for glutathione peroxidases, which maintain antioxidant defenses by inactivating hydrogen peroxide.<sup>1</sup> Selenium also supports iodine metabolism to maintain healthy thyroid hormone production.<sup>1</sup> This trace mineral is also involved in the production of certain prostaglandins that promote healthy blood flow.<sup>2</sup> Selenium may also support healthy growth and fertility, as indicated in a research study using a combination of selenomethionine and vitamin E.<sup>3</sup> Selenium also provides support for the immune system.<sup>4</sup> Selenomethionine is an organic form of the mineral that occurs naturally in Brazil nuts and legumes, and consists of selenium bound to the amino acid methionine. During digestion, selenium is released from methionine. Selenium is absorbed primarily in the duodenum and proximal small intestine and transported to tissues via specialized transport proteins.<sup>1†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Selenium is derived from sodium selenite
- Methionine (selenomethionine only) is derived from Homoserine, which is produced by organic chemical synthesis. Selenomethionine serves as a storage form. The methionine is incorporated directly into proteins, releasing selenium as they are catabolized
- Citrate (selenium citrate only) is derived from corn dextrose fermentation
- Ascorbyl palmitate (selenomethionine only) is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Selenium (citrate)

Size 3 caps

Bottle count 60, 180

Order codes SEC6, SEC1

Bottle sizes 75 cc, 120 cc

Selenium (selenomethionine)

Size 3 caps

Bottle count 60, 180

Order codes SE6, SE1

Bottle sizes 75 cc, 120 cc

# Selenium

Supports antioxidant defenses, immune function and cellular health<sup>†</sup>

## REFERENCES

1. Gropper SS, Smith JL. *Advanced Nutrition and Human metabolism*. 6th ed. Belmont, CA: Wadsworth; 2012.
2. Hampel G, et al. *Life Sci*. 1991;49(12):881-8.
3. Moslemi MK, et al. *Int J Gen Med*. 2011; 4: 99-104.
4. Kiremidjian-Schumacher L, et al. *Biol Trace Elem Res*. 1994 Apr-May;41(1-2):115-27.

## SUPPLEMENT FACTS

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Selenium (as selenium citrate) 200 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)



Selenium (citrate)	Quantity	Order Code
	180	SEC1
	60	SEC6

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Selenium (as selenomethionine) 200 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Selenium (selenomethionine)	Quantity	Order Code
	180	SE1
	60	SE6

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.

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