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Selenium Tablets 200 mcg

Use: as a dietary supplement. Helps support healthy cells and tissues.*

Directions: Adults: take 1 tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% Daily Value
Selenium (as selenium yeast)	200 mcg	286%

Other ingredients: dicalcium phosphate, vegetable cellulose, brewer's yeast, vegetable stearic acid, vegetable magnesium stearate, silica.

Contains wheat ingredients.

Warnings: Do not use if you are allergic to yeast. Ask a doctor before use if you are pregnant or breast-feeding, or on any medication. Stop use and ask a doctor if any side effects occur.

Keep out of reach of children.

Store in a cool, dry place.

Safety sealed: do not use if the imprinted seal under the cap is broken or missing.

*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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