



Selenium

Introduced 1992



What Is It?

Selenium protects normal cell function by supporting the body's natural defenses and scavenging harmful free radicals.*

Uses For Selenium

Antioxidant Support: Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow. In synergy with vitamin E, selenium promotes healthy growth and fertility, and improves the function of certain energy producing cells. Selenium also plays a role in the synthesis of thyroid hormones and immune function.*

What Is The 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.

Recommendations

Pure Encapsulations recommends 1 capsule per day, with a meal, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Selenium is generally well tolerated, however large amounts can cause selenium toxicity. Symptoms of toxicity include nausea, vomiting, abdominal pain, nail changes, fatigue, irritability, hair loss, muscle pain and/or weight loss. Consult your physician for more information.

Are There Any Potential Drug Interactions?


Selenium may be contra-indicated with blood thinning medications. There is evidence that selenium could reduce the effectiveness of HMG-CoA reductase inhibitors. Consult your physician for more information.

Selenium (selenomethionine)

each vegetable capsule contains  **V 3**

selenium (selenomethionine).....	200 mcg
ascorbyl palmitate (fat-soluble vitamin C).....	2 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1 capsule per day, with a meal, or as directed by a health professional.	

Selenium (citrate)

each vegetable capsule contains  **V 3**

selenium (citrate).....	200 mcg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1 capsule per day, with a meal, or as directed by a health professional.	

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.