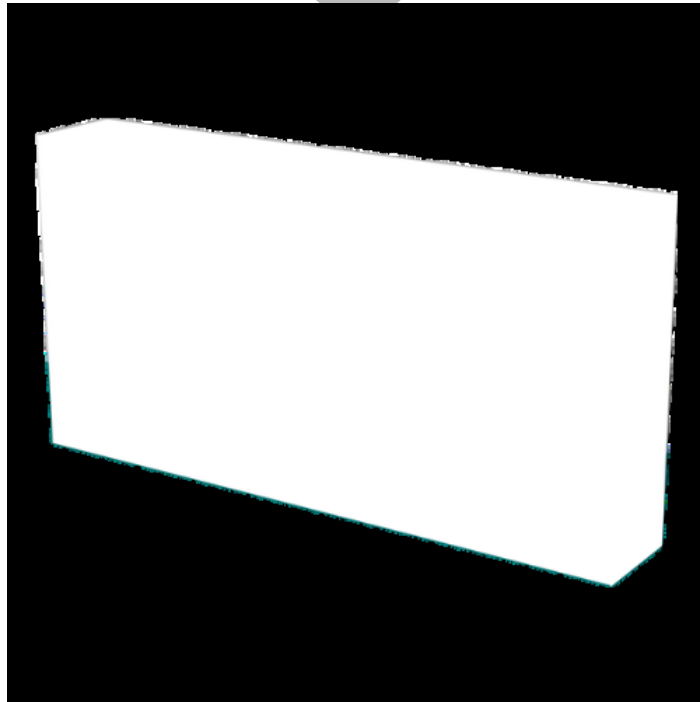




## *Selenium*



Dietary supplement that contains 100 µg of selenium in the form of L-selenomethionine per capsule.

The preparation is recommended for adults to supplement their diet with selenium.

### **Benefits:**

- 1 capsule a day
- 100 µg of Se in a daily dose (182% of nutrient reference value).

- Box of 30 capsules lasts for a month
- Suitable for vegetarians and vegans

### **Functions of Selenium in the body:**

- helps in the proper functioning of the thyroid gland
- helps maintain healthy hair and nails
- helps to protect cells against oxidative stress
- contributes to the proper course of spermatogenesis
- helps in the proper functioning of the immune system.

**Application :** the preparation is recommended for adults to supplement their diet with selenium. This product can be consumed by vegetarians and vegans.

**Recommended consumption :** adults – 1 capsule a day.

Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a varied diet and a healthy lifestyle.

**NOTE!** Pregnant and breastfeeding women should consult a physician before using the product.

**Ingredients:** bulking agent: cellulose, hydroxypropyl methylcellulose ( shell component),

L-selenomethionine, anti-caking agent: magnesium salts of fatty acids, anti-caking agent: dioxide silicon.

**Storage:** store at room temperature in a dry and dark place. Dietary supplements should be stored out of reach of small children.

## *Pack*

- 30 capsules

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