



## Selen 200 µg Mono Capsules

Nutritional supplement

### Interesting facts:

The trace elements selenium cannot be produced by the body itself. Sufficient amounts must be consumed in the diet. Selenium is a central element of many enzymes that perform important functions in the body. Selenium contributes towards maintaining healthy hair and nails, a normal thyroid and immune system function and protecting cells against oxidative stress. The body particularly needs selenium in times of high physical strain and stress, in old age and during pregnancy and breastfeeding. However is often not provided with sufficient amount of the important micronutrients.

Each capsule contains 200 µg of pure selenium.

**Ingredients:** Filler Calcium Carbonate, Microcrystalline Cellulose; Gelatin, filler Maltodextrin, anticaking agent Magnesium Stearate, Sodium Selenite.

	per capsules (= daily dose)	% of the daily intake according to NRV*	per 100 g capsules
Selenium	200 µg	364	45 mg

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**Recommended use:** Take one capsule daily. Swallow the capsule whole with sufficient liquid.  
Not recommended for children under the age of 12.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle.

Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 180 capsules = 77 g**

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