



Selenium 100 µg Mono Capsules

Nutritional supplement

Interesting facts:

The trace element selenium cannot be produced by the body itself and must be obtained daily from the diet. Selenium is a key component of many enzymes, which have important functions in the body. Among other things, Selenium helps in the maintenance of healthy hair and nails, the normal function of the thyroid and the immune system and protects cells from oxidative stress.

Especially with high physical stress and in old age and during pregnancy and lactation, the body needs selenium. It is often not adequately supplied with this vital micronutrient.

Each capsule contains 100 µg of pure selenium.

Ingredients: Filler Calcium Carbonate, Microcrystalline Cellulose; Gelatin, filler Maltodextrin, Magnesium Stearate, Sodium selenite.

	per capsule	per daily dose (=2 capsules)	% of the daily intake according to NRV *	per 100 g capsules
Selenium	100 µg	200 µg	364	22.7 mg

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

Recommended use:

Take 1-2 capsules per day. The capsules should be swallowed whole with sufficient liquid.

Not recommended for children under the age of 12.

Keep out of direct sunlight. Store dry and not above 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 180 capsules = 77 g

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