



## Selenium 200 µg Mono-tablets

Nutritional supplement

### Useful information:

The trace element selenium is essential for many important functions within the human body. Amongst other things, selenium contributes towards maintaining healthy hair and nails, a normal thyroid and immune system function and protection of the cells. The body particularly needs selenium at times of high physical strain and stress, in old age and during pregnancy and breastfeeding. Because plant-based foods from our latitudes generally contain little selenium, we recommend, in particular for vegetarians and vegans, a nutritional supplement with selenium, towards which our vegan tablets without animal-based ingredients make an important contribution.

Each tablet contains 200 µg pure selenium.

**Ingredients:** Bulking Agent Microcrystalline Cellulose, Maltodextrin, separating agent Magnesium Stearate, Sodium Selenite.

	Per tablet (=daily dose)	% of NRV recommended daily dose*	Per 100 g tablets
Selenium	200 µg	364	77 mg

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**Recommended dose:** swallow 1 tablet per day with enough fluid.

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 250 tablets = 63 g

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