



Selenium Guard

Selenium is a trace mineral that we require in small quantity for normal cell functions. As trace minerals originate in soil, it can mostly be found in plant foods. Plants can convert soil selenium into an organic form that can be absorbed by the body. However, selenium is lost from foods during milling in processing or during boiling in cooking.

Selenium Guard is a natural selenium formula that is tested for safety and purity. Yeast is used as the source for organic selenium.

Features:

- Each tablet provides a standardized amount of selenium extracted from yeast - 200 mcg.
- Helps replenish the lack of selenium in processed food.
- Is in form the body can absorb and use.
- Is a convenient way to meet your daily allowance for selenium.
- Is manufactured to pharmaceutical quality for high safety.
- No artificial colors, flavors or preservatives added and non-toxic.

Directions:

Take 1 tablet daily after meal as a dietary supplement.