



Selenium

Nature's Harmony® Selenium is an organic supplement formulated from high-selenium yeast. Studies indicate that the organic forms of selenium, such as high-selenium yeast, are absorbed better than inorganic forms.

PRODUCT CODE: 400596

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
An antioxidant for the maintenance of good health. Helps to prevent selenium deficiency if taking two or more tablets per day.	Tablet	Take 1 to 8 tablets daily.

DESCRIPTION:

Selenium is a trace mineral that is essential to good health but required in only small amounts by the body.

Nature's Harmony® Selenium provides 50 mcg of the highly absorbable selenium that is formulated from yeast that has been grown in a selenium-rich media.

Recommended Daily Allowance: 55 mcg/day for adults.

Food Sources: Seafood, meat, organ meats, wheat bran, whole grains, nuts, onion, garlic, mushrooms, Swiss chard and orange juice.

Causes of Deficiency: Diet low in selenium-rich foods.

Symptoms of Deficiency: Premature aging, free radical damage causing cardiovascular disease, cancer or cataracts.

Complementary Nutrients : Nature's Harmony® High Potency Multi-Vitamin & Mineral Supplement, Vitamin E.

HOW IT WORKS:

Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals.

Selenium works with vitamin E to protect cells from free radicals. Free radicals are natural by-products of oxygen metabolism that may contribute to the development of chronic diseases, such as cancer and heart disease.

Other selenoproteins help regulate thyroid function, working closely with the enzyme that converts thyroid hormone to its active form.

Selenium improves immunologic function by increasing the activity of interleukin-2 (IL-2) and promoting the normal growth and development of T helper cells.



DID YOU KNOW...

Brazil nuts may contain as much as 544 micrograms of selenium per ounce.

Selenium

RESEARCH:

Research suggests that selenium may prevent prostate, colon and lung cancer.

SIDE EFFECTS:

There are no known side effects when selenium is taken at the recommended dose.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Daily doses of selenium greater than 400 mcg may cause loss of hair and fingernails, as well as nausea, depression and anxiety. If taking four or more tablets daily, consult a health care practitioner before use if you have a history of non-melanoma skin cancer.

OTHER CONSIDERATIONS:

Levels of this important mineral have become depleted in our soil over the past few decades, causing a decrease in selenium content in foods. For this reason, supplementation with selenium becomes essential for optimal health.

LABEL:

Natures Harmony®

Sélénium
50 mcg

Antioxydant pour le maintien d'une bonne santé

60 comprimés
NPN 80002340

Usage recommandé : Antioxydant pour le maintien d'une bonne santé. Aide à prévenir une carence en sélénium si au moins deux comprimés sont pris chaque jour.

Dose recommandée (adultes) : Prendre 1 à 8 comprimés par jour.

Ingédients médicinaux : Chaque comprimé contient : Sélénium (sous forme de levure de sélénium).....50 mcg

Ingédients non médicinaux : phosphate tricalcique, cellulose microcristalline, croscarmellose sodique, acide stéarique, stéarate de magnésium, enrobage pharmaceutique.

Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous avez des antécédents de cancer de la peau sans présence de mélanome.

Ce produit ne contient ni maïs, ingrédients laitiers, oeuf, gluten, lactose, noix, crustacés, soya, amidon, sucre, sulfites, dérivés d'origine animale, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.

Natures Harmony®

Selenium
50 mcg

Antioxidant for the Maintenance of Good Health

60 Tablets
NPN 80002340

Recommended Use: An antioxidant for the maintenance of good health. Helps to prevent selenium deficiency if taking two or more tablets per day.

Recommended Dose (Adults): Take 1 to 8 tablets daily.

Medicinal Ingredients: Each tablet contains: Selenium (as selenium yeast).....50 mcg

Non-medical Ingredients: Tricalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, pharmaceutical glaze.

Risk Information: If taking four or more tablets daily, consult a health care practitioner before use if you have a history of non-melanoma skin cancer.

This product does not contain corn, dairy, egg, gluten, lactose, nuts, shellfish, soy, starch, sugar, sulfites, animal derivatives or artificial colours, flavours or preservatives.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

400596 01-012

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

Manufactured for / Fabriqué pour : Purity Life Health Products
A division of the division of SunOpta Inc.
6 Commerce Crescent, Acton ON L7J 2K3

For more information visit www.naturesharmony.com or call 1-877-929-2548. Pour plus de précisions, visitez le site www.naturesharmony.com ou composez le 1 877 929-2548.

4

63047 00596

0