

# Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

	Amount Per Serving	% Daily Value*
Selenium . . . . .	100 mcg . . .	182%
(As L-Selenomethionine)		

\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Cellulose, Stearic Acid (vegetable source), and Magnesium Stearate (vegetable source).product.

**Manufactured and Distributed by:**

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

[www.PennHerb.com](http://www.PennHerb.com) / 215-637-HERB

**Suggested Use:** Take one tablet one to two times daily with meals.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use. Keep out of the

reach of children. Do not eat freshness canister. Keep in bottle.

**Benefits of Selenium:**

This essential trace mineral is a crucial antioxidant nutrient that works particularly well with vitamin E. It is found naturally in Brazil nuts, organ meats, seafood, and wheat germ.\*

•An essential trace mineral that supports the immune system\*

Keep in a cool, dry place with lid tightly closed. Do not eat freshness canister. Keep in bottle. Natural color variation may occur in this product.

**Not manufactured with:** yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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