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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule per day with food, or as recommended by your healthcare practitioner.

**CAUTION:** If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Each capsule provides:

Selenium (L-selenomethionine<sup>1</sup>) . . . . . 50 mcg  
Selenium (sodium selenite) . . . . . 50 mcg  
Selenium (Se-Methyl L-Selenocysteine) . . . . . 100 mcg

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

1 - SelenoPure™ is a trademark of Nutrition 21.



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# LifeExtension®

## Super Selenium Complex 200 mcg & Vitamin E



Providing the Most  
Advanced Form of Selenium

Dietary  
Supplement

100 Vegetarian  
Capsules

### Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin E (as D-alpha tocopheryl succinate)	30 IU	100%
Selenium (as Se-Methyl L-Selenocysteine, SelenoPure™ <sup>1</sup> L-selenomethionine (yeast free), sodium selenite)	200 mcg	286%

Other ingredients: rice flour, vegetable cellulose (capsule), L-leucine, dicalcium phosphate.

Non-GMO

Manufactured for: Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309  
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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.