

**USAGE:** Take 1 capsule per day or 1 every other day, or as directed by your qualified healthcare professional.

**NOTE:** The total amount of selenium supplemented from all sources should not exceed the tolerable upper intake level (UL) for selenium of 400 mcg/day. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Selenium Synergy**<sup>®</sup> contains a highly effective form of selenium, methylselenocysteine, in a synergistic formulation with Glucoraphanin (truebroc<sup>™</sup>), vitamin B<sub>2</sub> (riboflavin) and vitamin E.

**Keep out of the reach of children.**

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

Glucoraphanin



# Selenium Synergy<sup>®</sup>

Activated Selenium\*

With Glucoraphanin (truebroc<sup>™</sup>)  
and Vitamins B<sub>2</sub> and E  
200 mcg Methylselenocysteine

60  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule      Servings Per Container 60

	Amount Per Serving	% DV
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Vitamin B <sub>2</sub> (as riboflavin)	2 mg	120%
Selenium (as methylselenocysteine)	200 mcg	290%
Glucoraphanin (truebroc <sup>™</sup> ) (from 75 mg of Broccoli Seed Extract) ( <i>Brassica oleracea italica</i> )	10 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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**Jarrow FORMULAS**<sup>®</sup>  
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