

## Selenium 60 Tablets

EAN: 5055148402891 FABRICANTE: LAMBERTS



*Selenium 200 mcg as L-Selenomethionine, the organic form. Supports spermatogenesis, immune system and more.*

### DESCRIPTION

LAMBERTS<sup>®</sup> has selected the organic form of selenium, L-Selenomethionine, for its greater absorption. Each tablet provides 200 µg of selenium which is double the amount found in most products. It is manufactured in the UK under GMP manufacturing standards.

Although the importance of this mineral was not widely recognized until 1979, it is essential for many processes in the body. The mineral is present throughout the body, but is most abundant in the kidneys, liver, spleen, pancreas and testicles.

Because it is a vital component of the body's antioxidant defense system, it is a key element in metabolism, contributing to normal thyroid function, and a valuable nutrient for the reproductive system. Inadequate dietary intakes are a major concern.

Furthermore, it is an essential mineral with several important functions in the body. It is an integral part of the free radical scavenging enzymes Glutathione Peroxidase which have an important role as a natural antioxidant in the body. The selenium content of foods depends on the levels present in the soil.

Selenium also contributes to the maintenance of normal hair and nails, as well as the normal function of the immune system. It is also involved in the protection of cells from oxidative stress (by free radicals) and plays a role in male fertility as it contributes to normal spermatogenesis.

The highest sources of selenium are found in Brazil nuts, seafood, poultry and meat. Grains, particularly oats and brown rice, can also have significant amounts, depending on the selenium content of the soil in which they were grown.

**Disintegration time:** Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products,



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lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

None known at the recommended dose.

### Instructions for use:

- Take 1 tablet daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

