

Selenium 100 mcg 100 Tablets

EAN: 033984025516

FABRICANTE: SOLGAR



For healthy hair and nails. Mineral that benefits both men and women. Supports the functioning of the immune system. Suitable for vegans, vegetarians and kosher. Contains no sugar, salt or starch.

DESCRIPTION

- For adults, take one (1) to two (2) tablets daily, preferably with meals; The expressly recommended daily dose for this product should not be exceeded.
- Food supplements should not be used as a substitute for a balanced and varied diet and a healthy lifestyle; Keep the product out of the reach of children; If you are pregnant, breastfeeding, undergoing medical treatment or have a medical condition, consult your specialist before taking this product.

Ingredients

Ingredients per tablet: Selenium (L-selenomethionine yeast-free) 100 µg (182% NRV). Bulking agents: dicalcium phosphate, microcrystalline cellulose; Anti-caking agents: vegetable magnesium stearate, silicon dioxide; Cellulose gum. SUGAR AND SALT FREE. GLUTEN FREE. DOES NOT CONTAIN STARCH, YEAST, WHEAT, SOY, DAIRY DERIVATIVES, PRESERVATIVES, SWEETENERS, OR ARTIFICIAL FLAVORS OR COLORS.

Instructions

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Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222
<https://bio-farma.es/buy/f/solgar/selenium-100-mcg-100-tablets>



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Product Description

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Solgar Selenium (Yeast Free) 100 µg Tablets contain selenium, a trace mineral found naturally in the soil. It is a necessary mineral because it strengthens the immune system and protects cells from oxidative stress caused by free radicals. Free radicals are unstable molecules that can damage cells in the body and are associated with premature aging. This mineral is found naturally in Brazil nuts, eggs, fish and chicken. An adequate level of selenium will help maintain healthy hair and nails, as well as supporting metabolism. This organic formula has been formulated using the yeast-free form of selenium (L-selenomethionine) and is therefore suitable for people with yeast intolerance.

Solgar Selenium (Yeast-Free) 100 µg Tablets provides this mineral and 1-2 tablets a day are recommended. It contributes to:

- Normal spermatogenesis
- Maintain healthy hair
- Normal nail maintenance
- The normal functioning of the immune system
- Protect cells from oxidative stress

Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. What does NRV% mean: why the product provides amounts higher than the NRV; Nutrient Reference Values (NRV) can be defined as the level of nutrient intake that should be achieved to cover the daily nutritional requirement of virtually all healthy people. They should not be confused with nutritional needs, which differ from one person to another depending on individual factors. Solgar products are anti-doping certified: Our products are not anti-doping certified. In the production of our products we follow the Good Manufacturing Practices (GMP) established by the FDA and other bodies for the dietary supplement industry. These regulations define standards for dietary supplement manufacturers and require manufacturers to evaluate the identity, strength, purity and composition of their products. All ingredients used in the product are listed on the label, thus providing consumers with the necessary information to make the right decisions when consuming them. How can I tell if a product contains a certain substance? All Solgar products are clearly labelled with the ingredients used, providing consumers with the information they need to make informed decisions about their consumption.

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<https://bio-farma.es> - info@bio-farma.es

C/ Vermell, 20 3r 3a - 17252
St. Antoni de Calonge (Girona) Spain



+34 696 79 77 77

