



# Selenium 200 mcg with EGCg

Category: Free Radical Scavenger and Immune Function\*

- With EGCg from Green Tea
- Selenium Glycinate Complex
- Glutathione Support\*
- Free Radical Protection\*

Item 1487 – 120 Veg Caps

**Positioning Purpose:** NOW's new Selenium 200 mcg Veg Caps provide Selenium in the form of Selenium Glycinate, a highly bioavailable form of this important trace mineral, plus 240 mg of EGCg per capsule, a component of Green Tea that provides complementary support for glutathione production.\*

**Product Description:** Selenium is a trace mineral that is essential for the production of the cellular enzyme glutathione. Glutathione protects cells against oxidative stress and is important for the function of the body's natural detoxification mechanisms. Selenium is also incorporated into proteins to create selenoproteins, important antioxidant enzymes that protect against free radicals and the cellular damage they can cause. Selenium is important for optimal endocrine and immune system function and has been recognized for its role in prostate, colon, and lung health. It is an essential nutrient for all humans and animals.\*

**Ingredients:** Selenium (from Selenium Glycinate Complex) (TRAACS®) 200 mcg; Green Tea Extract (*Camellia sinensis*) (Leaf) [120 mg EGCg (Epigallocatechin Gallate)] (up to 2 mg of naturally occurring caffeine). Other Ingredients: Rice Flour, Cellulose (capsule), Silica and Ascorbyl Palmitate.

**Ideal Users:** Adults seeking free radical protection.\*

**Recommended Use:** As a dietary supplement take one capsule daily with a meal.

**Also Consider Taking:** N/A

#### Supporting Science:

1. Office of Dietary Supplements, National Institutes of Health, Dietary Supplement Fact Sheet – Selenium. <http://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
2. McKenzie RC, Rafferty TS, Beckett GJ. Selenium: an essential element for immune function. *Immunol Today* 1998; 19: 342-5.
3. Meyer F, Galan P, Douville P, Bairati I, Kegel P, Bertrais S, et al. Antioxidant vitamin and mineral supplementation in the SU.VI.MAX trial. *Int J Cancer* 2005; 116: 182-186.

**Additional Information:** For adults only. Take with food. Consult physician if pregnant/nursing, taking medication, have a medical condition (including liver disorder), or are planning to have surgery. Keep out of reach of children.



Nutrition for Optimal Wellness<sup>SM</sup>

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\* 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.