

Selenium 200

ANTIOXIDANT & IMMUNOMODULATORY SUPPORT*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	% Daily Value
Selenium (as L-selenomethionine)	200 mcg	364%

Other ingredients: Microcrystalline cellulose, cellulose (capsule), L-leucine, silicon dioxide.

Does not contain gluten.

SUGGESTED USE: 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

- Nutritionally essential, antioxidant trace element.*
- Provided as absorbable, bioavailable L-selenomethionine.*
- Promotes glutathione peroxidase synthesis & activity.*
- Supports and protects healthy thyroid function.*

Selenium 200 contains 200 mcg of bioactive selenium, an important elemental trace mineral that plays a key role in contributing to the body's antioxidant capacity. Selenium has been studied for its potential ability to help support a healthy immune system and healthy thyroid function. In the body, selenium binds with cysteine to form selenocysteine, an amino acid incorporated into at least 25 different selenoproteins (selenium-dependent enzymes) that are involved in protecting against oxidative damage and regulation of immune function.

SELENIUM is considered primarily as an important antioxidant mineral. Selenoproteins take part in the synthesis of antioxidant enzymes such as *glutathione peroxidase*, which contains four selenium atoms per molecule. Glutathione peroxidase is regarded as a major antioxidant enzyme and redox regulator in human cells. Selenium also is required for the production of platelet prostaglandins that support blood flow and cardiovascular health. Research suggests patients with inflammatory conditions of the skin and lungs may exhibit low selenium levels in serum, and low platelet glutathione peroxidase activity.

The current prevalence of selenium deficiencies and associated health problems has become an emerging concern for human health worldwide. Studies show that increasing dietary intake (seafood, organ meats and Brazil nuts are among the richest food sources) and/or taking selenium as a supplement helps to upregulate glutathione peroxidase activity and platelet prostaglandin production, improving the body's ability to defend against oxidative stress.

Selenium does not always function alone. It regenerates vitamins C and E, prolonging and increasing the antioxidant capacity of these two essential vitamins, and it works with vitamin E to help support normal growth and fertility. Selenium also helps preserve mitochondrial function to promote healthy energy production.

Selenium is well known for helping to support healthy thyroid gland function, and selenium concentrations are reported to be higher in the thyroid gland than in any other gland in the body. The production, conversion and activation of thyroid hormones rely on selenium-dependent enzymes. By helping to regulate thyroid gland function, selenium helps to support normal growth, development, and metabolism throughout the lifespan.

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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.



Research suggests selenium deficiencies may contribute to both oncogenic and autoimmune processes in the thyroid gland. A 2016 review paper notes several studies of people with autoimmune thyroid problems in which selenium supplementation was associated with a significant decrease in thyroid peroxidase antibodies and improved mood and/or general well-being after 3 or more months of treatment. Indeed, the strongest clinical evidence showing a benefit for selenium supplementation relates to its use in helping to support healthy thyroid gland function. Published research supporting selenium for other health concerns—notably cognitive, cardiovascular and cellular health issues—is less conclusive, but still strong enough to garner recognition from the National Institutes of Health, Office of Dietary Supplements in their extensively referenced, comprehensive Selenium Fact Sheet for Health Professionals. (See Reference 9 below to access.)

Selenium-dependent enzymes have been shown to help regulate the body's inflammatory, immune and autoimmune responses. Selenoproteins also have been investigated for their role in helping to prevent the malignant transformation of normal cells, serving as antimutagenic agents by reducing oxidative stress and preventing DNA damage. As noted above, the protective effect of selenium is especially associated with its presence in antioxidant enzymes, notably glutathione peroxidase and thioredoxin reductase. Some research proposes that even modest deficiencies in selenium may be associated with the incidence of several degenerative diseases and conditions associated with aging, notably cancer, heart disease, and immune dysfunction.

Selenium 200 from Moss Nutrition provides 200 micrograms of pure L-selenomethionine per capsule, the amount generally used in clinical research trials. Selenomethionine is a chelate produced by reacting selenium with the sulfur-containing amino acid methionine. It is recognized as one of the most highly bioavailable, organic forms of supplemental selenium available today.

REFERENCES

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