



## **Seleno Met | 100 capsules**

This Seleno Met formulation uses a natural organic and yeast-free L-selenomethionine, a highly bioavailable form of selenium in terms of blood levels and glutathione activity. Unlike inorganic forms of selenium, Seleno Met is not adversely affected by vitamin C.

**Ingredients:** Selenium (L-selenomethionine) 200 mcg. Other ingredients: Cellulose and L-leucine. All of the quantities of minerals are elemental. Vegetarian capsules.

**Dosage:** One capsule daily or as directed by a health care professional.

**Contraindications:** None known

### **Available from**

**[Dr. Ingrid Pincott, ND](#)**

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