Bio-Selenium+Zinc

Bio-Selenium+Zinc is the ideal antioxidant complex, as it contains not only pure, organic selenium and zinc but also vitamins C, E and B6, all of which have properties that contribute to protecting our cells from oxidative stress. Bio-Selenium+Zinc may even be used as an alternative to multivitamin preparations with beta-carotene, a nutrient that smokers may want to avoid.

What are antioxidants?

Antioxidants are compounds that are able to neutralize chemically unstable molecules in the body. These molecules are named free radicals and react with surrounding cells and tissue, causing damage. Antioxidants are certain vitamins, minerals, and plant compounds in our diet.

SelenoPrecise®

Bio-Selenium+Zinc contains 100 µg in the form of Pharma Nord's patented, organic, and highly bio-available selenium yeast, SelenoPrecise. This yeast contains 55% L-selenomethionine and 45% other different selenium forms. The absorption and effect of selenium appears to be reinforced when the selenium is combined with vitamins A, B6, C and E plus zinc.

Additional information about the nutrients in Bio-Selenium+Zinc

Selenium

- Contributes to a normal, well functioning immune system
- Supports normal spermatogensis
- Contributes to normal functioning of the thyroid gland
- Supports the maintenance of normal hair and nails
- Contributes to the protection of the body's cells against oxidative stress caused by free radicals

Vitamin A

- Has a role in the process of cell specialisation
- Contributes to a normal immune system and iron metabolism
- Supports the maintenance of normal skin, vision and mucous membranes

Pharma Nord

Bio-Selenium+Zink

1 tablet contains

		RDA*
Vitamin A	800 µg RE	100%
B_6-vitamin	2 mg	143%
Vitamin C	90 mg	113%
Vitamin E	15 mg *a*-TE	125%
Selenium (SelenoPrecise)	100 µg	182%
Zinc (zinc gluconate)	15 mg	150%

** RDA: Recommended Daily Allowance*

Dosage
1 tablet daily, unless otherwise advised.
Preferably during / after a meal.

Do not exceed the recommended daily dosage.

Ingredients
Zinc (zinc gluconate), vitamin C (ascorbic acid), microcrystalline cellulose, selenium (SelenoPrecise yeast), vitamin E (D-alpha tocoferyl succinate, water soluble), vitamin A (retinyl acetate), hypromellose, silicon dioxide, talc, vitamin B6 (pyridoxine), zein, magnesium stearate, iron oxide, titanium dioxide.

Storage
Dark, dry and at room temperature.
Keep out of reach of young children.

Dietary supplements should not replace a varied diet.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Vitamin B6
- Supports a normal and well-functioning immune system
- Contributes to normal homocysteine and energy-yielding metabolism
- Helps the normal red blood cell formation, cysteine synthesis and phychological function
- Contributes to the reduction of tiredness and fatique
- Supports the regulation of hormonal activity

Vitamin C
- Part of a normal and well-functioning immune system
- Contributes to normal functioning of the nervous system, collagen synthesis and psychological function
- Part of the body's normal energy metabolism
- Contributes to the regeneration of the reduced form of vitamin E
- Contributes to protection of the body's cells against oxidative stress caused by free radicals
- Increases the absorption of non-heme iron (from fruit, vegetables, and grain products)
- Supports the reduction of fatigue and tiredness

Vitamin E
- Contributes to the protection of the body's cells against oxidative stress caused by free radicals

Zinc
- Part of normal DNA synthesis and a well-functioning immune system

- Has a role in the process of cell specialisation
- Supports normal fertility and reproduction
- Contributes to normal cognitive function
- Part of a normal fatty acid metabolism
- Supports a normal metabolism of vitamin A
- Part of a normal acid-base metabolism
- Contributes to maintaining normal hair, nails, skin, vision and bones
- Part of a normal protein synthesis in the body
- Contributes to normal levels of testosterone in the blood
- Supports a normal carbohydrate metabolism
- Contributes to the protection of the body's cells against oxidative stress caused by free radicals

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