



Bio-Selenium+Zinc

Bio-Selenium+Zinc is the ideal antioxidant complex, as it contains not only pure, organic selenium and zinc but also vitamins A, C, E and B6, all of which have properties that contribute to protecting DNA, proteins, and lipids against oxidative damage. 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

defense

- Contributes to normal functioning of the thyroid gland
- Supports normal sperm cell production
- Supports normal hair and nail growth
- Contributes to protecting the body's cells against free radical damage

Vitamin A

- Contributes to normal cell division
- Necessary for normal immune function
- Supports normal skin and mucous membranes
- Helps to maintain normal vision



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 α-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 tocopheryl 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 defense
- Necessary for normal metabolism
- Necessary for a normal and well-functioning nervous system
- Necessary for producing normal red blood cells
- Part of the body's normal energy metabolism
- Contributes to normal psyche
- Part of the body's normal cysteine synthesis
- Necessary for the body's hormonal balance
- May help reduce fatigue and exhaustion

Vitamin C

- Part of a normal and well-functioning immune defense
- Contributes to normal functioning of the nervous system
- Contributes to normal collagen synthesis
- Part of the body's normal energy metabolism
- Contributes to normal psyche
- Contributes to revitalizing used E-vitamin in the body
- Contributes to protecting the body's cells against free radical damage
- Contributes to the absorption of non-heme iron (from fruit, vegetables, and grain products)
- May help reduce fatigue and exhaustion

Vitamin E

- Contributes to protecting the body's cells against free radical damage

Zinc

- Part of normal DNA synthesis and cell division

- Contributes to a normal and well-functioning immune defense
- Supports normal fertility and reproduction
- Contributes to normal cognition and learning skills
- Part of a normal fatty acid metabolism
- Part of a normal acid-base balance
- Necessary for normal A-vitamin metabolism
- Contributes to maintaining hair, nails, skin, and bones
- Part of a normal protein synthesis in the body
- Contributes to normal levels of testosterone in the body
- Necessary for maintaining normal carbohydrate metabolism
- Important for normal vision
- Contributes to protecting the body's cells against free radical damage

