

Selenium + Vitamin E

Antioxidant support

DESCRIPTION

Selenium + Vitamin E, provided by Douglas Laboratories, supply 400 IU of vitamin E and 50 mcg of selenium in each gelatin softgel.

FUNCTIONS

Vitamin E is one of the body's most important antioxidant nutrients. Antioxidants protect healthy cells from oxidative and free radical damage. Free radicals are unstable chemicals formed in the body during metabolism and from exposure to environmental sources, such as pollution and cigarette smoke. Free radicals are necessary for energy metabolism and immune function, however, maintaining an appropriate balance is an important factor for cellular health, especially cell membrane lipids and proteins.

Vitamin E is an especially valuable antioxidant in the cell membranes, where it prevents oxidation of unsaturated fatty acids by trapping free radicals. This helps stabilize and protect cell membranes, especially red blood cells and tissues sensitive to oxidation, such as the lungs, eyes, and arteries.† Vitamin E also protects the liver and other tissues through its antioxidant properties.†

Selenium is a nutritionally essential trace element for humans and animals. The National Research Council's Recommended Dietary Allowance for selenium in adults ranges from 55 to 75 mcg per day depending on age and gender. Selenium is a cofactor to about 10 selenoproteins in the body; the most important of these appears to be glutathione peroxidase (GPX). GPX uses glutathione to reduce hydrogen peroxide and thus protect cells and plasma against free radical injury.† GPX activity depends on an adequate supply of dietary selenium. Recently, selenium as selenocysteine has been identified in the active center of type 1 and 3 iodothyronine deiodinases, two important enzymes regulating the active thyroid hormone, triiodothyronine (T3).†

INDICATIONS

Selenium + Vitamin E may be a useful dietary supplement for individuals wishing to increase their intake of selenium and vitamin E.

FORMULA (#202283)

1 softgel contains:

Vitamin E(as d-alpha tocopherol).....	400 I.U.
Selenium (as selenium yeast from <i>Saccharomyces cerevisiae</i>).....	50 mcg

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), beeswax, sunflower lecithin, and safflower oil.

SUGGESTED USE

Adults take 1 softgel daily with meals or as directed by a healthcare practitioner.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Selenium + Vitamin E visit douglaslabs.com

† 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.

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Your patients trust you.**

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