

Directions: As a dietary supplement, adults take one (1) capsule daily with meals, or as directed by a health care professional.

Selenium is a component of important antioxidant enzymes that help prevent cellular damage from free radicals. Selenium also helps regulate thyroid function and plays a role in the immune system.†

Store in a cool, dry place and away from direct light.

Do not use if safety seal under cap is broken or missing.

Keep out of reach of children.

©2010 Manufactured exclusively for Viva Vitamins™
16201 Lindbergh Street, Van Nuys, CA 91406
for more information visit www.vivavitamins.com

MADE IN THE USA

GMP Compliant Manufacturing



Viva Vitamins™ fully guarantees the potency of this product through:



SUPER SELENIUM

200 MCG

essential mineral

Antioxidant protection
against free radicals†

60 capsules
dietary supplement

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	%DV*
Selenium (from high selenium yeast)**	200 mcg	286%

*Percentage Daily Value

Other Ingredients: Gelatin (capsules), rice powder, cellulose, magnesium stearate, silica.

Note: The selenium potency indicated is elemental.

**From SelenoExcell®, an excellent source of naturally- occurring organic L. Selenomethionine. SelenoExcell® is the most clinically researched source of organic selenium in the supplement market.

SelenoExcell® is a registered trademark of Cypress Systems, Inc.

Contains No: Gluten, sugar, salt, yeast, corn, wheat, dairy, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

† 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.