



SELENIUM 100 mcg

UPC CODE 0 646420 2393 3

NPN # 00633380

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Selenium 100 mcg is approved for the following NHPD claims:

- An antioxidant for the maintenance of good health

GENERAL INFORMATION

Selenium is an essential trace mineral with antioxidant properties that may slow down the aging and deterioration of tissues caused by free radical damage. Red blood cells, kidneys, liver, spleen, muscle, nails, hair, and tooth enamel all contain significant quantities of selenium. Common food sources of selenium include seafood, chicken, whole grains, nuts, onions, and garlic. However, the total content in food varies, depending on the level of selenium contained in the soil where the plants or grains were grown or the animals were fed. People who live in areas with a low soil content of selenium may be at risk for developing a deficiency of this trace mineral. The RDA (Recommended Dietary Allowance) for selenium is 55 mcg for women and 70 mcg for men, though protective effects have been noted at intake levels in the range of 100-400 mcg per day.

Selenium acts as an antioxidant by forming part of an enzyme called glutathione peroxidase. Antioxidants protect cells from damage caused by free radicals, which are natural by-products of oxygen metabolism. The function of selenium is related to that of vitamin E, which acts as a scavenger of fatty acid peroxy radicals. The interrelationship of selenium and vitamin E is shown by the sparing effect of each nutrient on the requirement for the other; however, both play important roles in the detoxification of peroxides and free radicals, and their sites of action are different.

As part of the antioxidant glutathione peroxidase, selenium works closely with vitamin E to support cardiovascular

health. The oxidized form of LDL (“bad”) cholesterol promotes the build-up of plaque in the coronary arteries, a condition known as atherosclerosis. By preventing the oxidation of LDL cholesterol, selenium helps preserve tissue elasticity and slows the aging and hardening of the arteries. It also helps to prevent blood platelets from clotting and sticking to artery walls. In addition, selenium increases the ratio of HDL (“good”) cholesterol to LDL cholesterol, further contributing to a healthy heart.

As an antioxidant, selenium can help prevent cataracts (damage to the lens of the eye) and macular degeneration (damage to the macula at the center of the retina), which are two common causes of impaired vision and blindness in older adults. Furthermore, selenium possesses anti-inflammatory properties; it can help relieve the inflammation and associated symptoms of pain, stiffness, or swelling associated with conditions such as rheumatoid arthritis, lupus, psoriasis, and eczema.

In addition to its antioxidant actions, selenium possesses immune-enhancing properties. By promoting the health of the immune system, selenium aids in fighting infections. Selenium has also been shown to play a role in thyroid gland activity, by acting as a catalyst for the production of active thyroid hormone. It is essential for proper functioning of the immune system.

Jamieson Selenium is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Selenium 100 mcg from Jamieson Laboratories different...and why does that difference mean better?

- 1) Derived from Selenium yeast. This form is absorbed more easily by body tissues.
- 2) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.



INGREDIENT INFORMATION

Available as 100 tablets.

Each tablet contains:

Selenium (from Selenium Yeast).....100 mcg

EXCIPIENTS

Cellulose, Vegetable Magnesium Stearate, Dicalcium Phosphate, Modified Cellulose Gum.

DIRECTIONS

Adults: Take 1 tablet twice daily with a meal. Store between 15°C-25°C, away from children.

INDICATED BENEFITS

- Potent antioxidant that protects the body from tissue damage
- Supports cardiovascular, lung, prostate and colon health
- Assists in maintaining a healthy immune system
- Important for proper thyroid function
- Possesses anti-inflammatory properties to reduce symptoms of arthritis, lupus, psoriasis, and eczema
- Protective against cataracts and macular degeneration

NUTRIENT INTERCATIONS

Drug Interactions

Glucocorticoids (cortisol-based anti-inflammatory drugs) and anti-convulsant/anti-epileptic medications may decrease the body's supply of selenium.

Individuals requiring total parenteral nutrition (TPN) for long-term periods are at risk of selenium deficiency.

Nutrient Depletions

Iron and copper deficiency increase the risk of selenium deficiency.

Selenium deficiency may worsen the effects of an iodine deficiency on thyroid function.

Supportive Interactions

Vitamin E enhances the effectiveness of selenium.

WARNINGS AND PRECAUTIONS

Consult a health care practitioner prior to use if you have a history of non-melanoma skin cancer.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Doses greater than 400 micrograms have been associated with loss of fingernails and hair, itchiness of the skin, nausea, garlic breath odour, fatigue, irritability, depression, and anxiety.

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