

# Selenium Solution

Pure, Well-absorbed Selenium\*

**Selenium Solution** provides pure sodium selenite, which is well absorbed and may be suitable for individuals who are sensitive to other forms of selenium.\* This essential trace mineral functions as a cofactor for the antioxidant enzymes glutathione peroxidase and some forms of thioredoxin reductase, as well as multiple enzymes involved in thyroid hormone production.\* In addition to being required for the production of active thyroid hormone, its primary role is to help protect cells from oxidative damage, supporting their growth and survival.\*



#70120  
236 mL (8 fl. oz.)

## Key Features

- Provides 100 µg of elemental selenium per ½ teaspoon serving
- Selenium is a cofactor for antioxidant enzymes, helping to protect cells from oxidative damage\*
- Selenium supports thyroid function, immunity, detoxification, circulation, normal blood sugar regulation, and musculoskeletal function\*

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Selenium is important for liver function, and is involved in detoxification mechanisms, immune and autoimmune regulation, gut immunity, regulation of inflammatory processes, circulation, blood sugar regulation, and musculoskeletal function.\*

At a fundamental level, selenium is essential to 'redox' – the balancing of oxidation and reduction (anti-oxidation), through its crucial role as a carrier of electrons. Oxygen is essential to the 'burning' of life, but like fire, it must be controlled by 'quenching' antioxidants, especially glutathione. Keeping glutathione in its reduced antioxidant state requires several enzymes, all of which are dependent on plentiful available selenium.\* Lower blood levels of selenium are associated with lower levels of glutathione, while selenium supplementation has been shown to increase blood levels of glutathione.\*

Selenium is essential for healthy immune system function, and higher selenium levels are associated with increased resilience.\* Selenium supplementation has been shown to increase natural killer cell activity, neutrophil migration, T-cell proliferation, CD4+ cell counts, and support the body's response to vaccinations.\*

Areas of the world with soils (and thus food) lacking in selenium have widespread selenium deficiency, which can manifest as fatigue, lessened cognitive function, and thyroid dysfunction.\* In addition, mercury's toxic effects are in part due to its extreme binding of certain forms of selenium, making the selenium unavailable for normal bodily functions.\*

It's important to not take selenium in excess. Too much selenium can cause "selenosis," with GI and liver symptoms, as well as neurological problems. When supplementing selenium, estimate the amount you get in food, and add in any amounts found in all the supplements you are taking. If your ongoing program has a selenium intake that adds up to more than 400 µg of selenium per day from all sources, please seek the guidance of a healthcare professional.

Selenium Solution is hypoallergenic, containing no major allergens. The selenite is dissolved in pure, deionized water, allowing the dose to be regulated as needed. The product is sterilized with heat rather than with chemical preservatives, so refrigerate after opening. The daily sodium intake in Selenium Solution is nutritionally insignificant.

## Supplement Facts

Serving Size ½ Teaspoon (2.5 mL)  
Servings Per Container 94

Amount Per Serving	% Daily Value*
Selenium (as Sodium Selenite)	100 mcg 182%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Deionized water, sodium hydroxide.

**Suggested Use:** As a dietary supplement, ½ teaspoon one to three times daily, or as directed by a healthcare practitioner. Refrigerate after opening.

Taking more than 400 µg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

Appropriate for food-sensitive individuals.