

Selenium SeLECT[®] Q&A

What is *Selenium SeLECT*?

Selenium SeLECT is a branded L-(+)- Selenomethionine compound, the most bioavailable, pure and safe form of selenium.

What is selenium?

Selenium is a trace mineral that is found naturally in soil. Dietary sources of selenium include unrefined grains such as wheat, fish and nuts.

What are the health benefits associated with selenium consumption?

Selenium is a high-powered antioxidant that can effectively neutralize “free radicals” which may lead to severe cell damage. Small amounts of selenium have been found necessary for several biologic processes including immune response and thyroid function. Additionally, several research reports indicate the inverse relationship between higher blood levels of selenium and mortality from cancer including lung, colorectal, prostate and skin cancer.

What is the recommended daily intake of selenium?

The U.S. Recommended Daily Allowance for selenium is 55 micrograms per day, with daily intake to not exceed 400 micrograms from all sources. However, according to the Journal of the American College of Nutrition, 55 micrograms is less than one half of the amount considered optimal to reap all of the benefits of selenium, including those related to reducing the risk of certain cancers.

Can I get all of the selenium I need from my diet?

Selenium is unevenly distributed in the earth’s crust, therefore, different populations are at risk for selenium deficiency. Selenium supplementation can ensure that individuals are receiving at least the minimum recommended daily allowance.

How is *Selenium SeLECT* different than other forms of selenium?

Selenium SeLECT is a single chemical entity containing molecularly integrated selenium. It is an organic compound and the predominant form of selenium found in natural occurring food products. L-(+)- Selenomethionine is rapidly and completely absorbed from the gastrointestinal tract, unlike inorganic forms of selenium including sodium selenite and sodium selenate. Additionally, The USP monograph for selenomethionine is based on *Selenium SeLECT* brand L-(+)-Selenomethionine.

What is the USP Monograph?

The United States Pharmacopeia (USP) establishes state-of-the art standards or monographs to ensure the quality of medicines and other health care products for human and veterinary use. This includes a full review of the safety, potency and purity of products. The USP works closely with the Food and Drug Administration (FDA), the pharmaceutical industry and health professions to establish these standards, which are enforceable by the FDA and the governments of other countries, and are recognized worldwide as the hallmark of quality.

Is *Selenium SeLECT* more effective than other forms selenium?

Yes. Selenium is more available to be absorbed and used by the body when it is in the form of selenomethionine, thus increasing the potential benefits associated with selenium supplementation. A recent study published in the American Journal of Clinical Nutrition examined 120 subjects with an average selenium intake of less than 10 micrograms per day. These individuals were supplemented with either selenomethionine, selenite or a placebo for 20 weeks. Selenium in the form of selenomethionine (*Selenium SeLECT* brand L-(+)-Selenomethionine was used in the study) was shown to have nearly twice the bioavailability of selenium as selenite.

Is *Selenium SeLECT* safe?

Yes. *Selenium SeLECT* is clinically proven safe up to levels four to five times that of the Recommended Daily Allowance.

Is there current research being conducted utilizing *Selenium SeLECT*?

Yes. The NCI is looking at the role of selenium and vitamin E in preventing memory changes with age, including Alzheimer's and other diseases that can affect the brain. The PREADVISE, or Prevention of Alzheimer's by Vitamin E and Selenium trial will include approximately 11,000 participants. Results are expected late in 2015.