

Product Information

Bio-Selenium +Zinc, Vit.A, B6, C & E For a healthy immune system

What is Selenium?

Selenium is an essential trace element which is important to human health. It is an essential component of the key antioxidant enzyme glutathione peroxidase which acts together with other antioxidant compounds to protect the body from the effects of damaging free radicals.

The most abundant sources of selenium are Brazil nuts, seafood, meat and poultry. People at risk of deficiency include those with a restricted food intake (slimmers, vegans, vegetarians etc.), pregnant women and those living in areas with selenium depleted soil. It is commonly recognised that soils in many areas of the world, including the UK, are deficient in selenium, often as a result of intensive farming.

Selenium levels are further depleted by smoking, alcohol intake and chronic illness.

What do you take Selenium for?

Selenium has various well documented benefits; however it is mainly important to help maintain a healthy immune system and protect cells from free radical damage.

It is also effective in supporting a healthy cardiovascular system and inhibits the effects of heavy metals such as

mercury (amalgam fillings). In addition, Bio-Selenium+Zinc maintains normal fertility in men (healthy sperm motility) and healthy thyroid function.

Which is the best form to take?

The greatest levels of bio-availability (absorption) are obtained through taking selenium in its organic form. The average intake of selenium in the UK was estimated by the Ministry of Agriculture of Food in 1994 to be approximately 31 mcg/day. Most experts now agree that the optimum intake of selenium should be between 100 and 400mcg/day. Bio-Selenium + Zinc contains vitamins C, E and B6 and the mineral zinc.

Vitamin C must be obtained from the diet as it is not manufactured in the human body. It acts synergistically with vitamin E which, in turn, enhances the effect of selenium. Vitamin C promotes a healthy heart, healthy gums and healthy immune system. Levels of vitamin C are reduced by smoking, drinking alcohol and by certain drugs such as anticoagulants, antidepressants or oral contraceptives.

The main function of vitamin E is as an antioxidant and it can help support the integrity of cell membranes.

Vitamin B6 helps promotes the conversion of food into energy and supports normal function of nerves and muscles.

How much should you take?

Pharma Nord recommends 1-2 tablets/day.



Produced by Pharma Nord

Bio-Selenium +Zinc®

Bio-Vitamin D3 contains 20mcg (800iu) vitamin D3.

Declared content per tablet:

Selenium 100µg, Zinc 15mg, Vitamin B6 2mg
Vitamin C 90mg, Vitamin E 15mg

Component Substances

Microcrystalline cellulose, Hydroxypropyl methylcellulose, Silicon dioxide, Talc, Magnesium, salts of fatty acids, Zein, Iron oxide, Titanium dioxide

Are there any contra-indications?

There are no known drug interactions or contraindications. Evidence of toxicity occurs at intakes over 900 mcg/day. Pregnant and lactating women and those on medication should seek professional advice prior to taking nutritional supplements.

What are free radicals?

Free radicals are harmful, aggressive molecules that attack our body cells.

They play an active role in over 200 illnesses, including heart disease and cancer.

Environmental pollution, tobacco, alcohol and UV rays also form free radicals. Unless we have sufficient amounts of antioxidants to intercept and neutralise the excess free radicals in our body, our cells begin to deteriorate.

Bio-Selenium® +Zinc
Food supplement

Net weight: 90 tablets = 39 g

Nutritional information		
Each tablet contains:		% NRV *
Selenium (organic)	100 µg	182 %
Vitamin B ₆ (mg of pyridoxine)	2 mg	143 %
Zinc	15 mg	150 %
Vitamin E α-TE	15 mg	125 %
Vitamin C	90 mg	113 %

* NRV = Nutrient Reference Value.

Directions: 1-2 tablets daily, or as directed by a physician. Do not exceed recommended amount. To be taken with food.

Suitable for vegetarians.

Nutritional supplements should not be used as a substitute for a varied diet or healthy lifestyle.

Pregnant and lactating women and those on medication should seek professional advice prior to taking supplements.

*EP Patent No. 1 478 732 B1.

A high quality product manufactured in Denmark by **Pharma Nord ApS**, Tinglykke 4-6, 6500 Vojens, Denmark. Imported and distributed by **Pharma Nord (UK) Ltd.**, Telford Court, Morpeth, NE61 2DB

Ingredients:
Zinc gluconate
Vitamin C (L-ascorbic acid)
Selenium: Selenium enriched yeast (SelenoPrecise® yeast)
Bulking agent: Microcrystalline cellulose
Vitamin E (dl-α-tocopherol acetate & D-α-tocopherol succinate)
Glazing agent: Hydroxypropyl methylcellulose
Firming agent: Silicon dioxide
Glazing agent: Talc
Vitamin B₆ (Pyridoxine hydrochloride)
Anti-caking agent: Magnesium salts of fatty acids
Glazing agent: Zein
Colour: Iron oxide, titanium dioxide

Storage:
Room temperature.
Best before date printed on flap.
Keep out of reach of children.

Is this product suitable for Halal diets?

This product contains no animal derived ingredients or alcohol, it will be suitable for most halal diets.

Our Selenium and Zinc supplements are also suitable for vegans and vegetarians.



How does selenium help oral health?

Selenium helps to protect the body from the toxic effects of heavy metals such as mercury from amalgam fillings. Amalgam fillings release mercury vapour which is absorbed into the bloodstream with potentially harmful effects. Selenium binds to heavy metals rendering them harmless.

Are the tablets easy to swallow?

Yes, as it is a small tablet. Those who have difficulty swallowing tablets might find it easier to do so after consuming food.

You can also cut the tablet in half or crush it to consume immediately.

When is the best time to take Bio-Selenium + Zinc?

Preferably with meals.

Why Pharma Nord Selenium & Zinc?

- **Bio-Selenium + Zinc is manufactured to pharmaceutical standards**
- **Seleno Precise yeast - GUARANTEED total absorption of 89%. The highest in the world!**
- **Combination of antioxidants – selenium, zinc and vitamins B6, C and E**
- **Gluten Free**
- **Lactose Free**
- **Soy Free**
- **Sugar Free**

Directions

1-2 capsules per day, or as directed by a physician.

Do not exceed recommended amount.

Nutritional supplements should not be used as a substitute for a varied diet or healthy lifestyle.

Storage

Store at room temperature.

Keep out of the reach of children.

Best before date printed on the bottom of box.

Pregnant and lactating women and those on medication should seek professional advice prior to taking supplements.