



MÉDERI
NUTRICIÓN INTEGRATIVA
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SELENIO MEDERI



Description: Food supplement based on selenium.

Directions for use / recommended dose: Take one (1) tablet daily, with half a glass of water (125 mL), preferably with meals, or as recommended by a professional.

Presentation: Bottle of 120 tablets of 510 mg.

Composition: Bulking agents (dicalcium phosphate and microcrystalline cellulose), L-selenomethionine, coating (thickener: hydroxypropyl methylcellulose, anti-caking agent: fatty acids, and bulking agent: microcrystalline cellulose) and anti-caking agent: COMPRI[®]TOL E ATO (monoglycerides and diglycerides of fatty acids).

Storage conditions: Store the package in a dry, cool place, protected from sunlight.





Ingredients	1 tablet	% NRV*
L-selenomethionine, - Of which: Selenium	40 mg 200 µg	364 %

*NRV: Nutrient Reference Value of vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of younger children.

Properties and potential applications:

Selenium contributes to the normal functioning of the immune system, to the maintenance of normal hair and nails, to normal thyroid function, to normal spermatogenesis and to the protection of cells against oxidative damage.

It is important to follow a varied and balanced diet and a healthy lifestyle.