



Category 5
Minerals



GOODFORYOU

GOOD FOR LIFE

SELENIUM

100 mcg #101480 100 Tabs

Description: Claims, Benefits: Prevents cancer, notably prostate cancer, and has other health benefits; acts as a potent antioxidant.

Contents / Ingredients

Traditional Therapeutic Action

When first discovered in 1817, selenium was considered a poison. In the 1950s it was recognized as an essential trace mineral. And now it has become a superstar among nutrients. Headlines proclaim its ability to thwart cancer—particularly prostate cancer—and other conditions. But unlike many other health sensations, this one might have staying power, as evidence accumulates to back up at least some of the claims. It's wise to make sure your diet contains adequate amounts of selenium. We know that too little selenium impairs immunity and may affect thyroid function.

The amount of selenium in food depends on the amount in the soil, which varies widely from region to region. Early studies observed that there are fewer cancer deaths in areas where there's more selenium in food, and that people with low blood selenium levels are at higher risk for several cancers. Some studies have also shown associations between higher toenail selenium levels (a measure of long-term selenium intake) and lower risk for certain cancers, including bladder cancer.

In the first clinical trial, the Nutritional Prevention of Cancer Trial, selenium pills (200 micrograms a day from baker's yeast) dramatically reduced the risk of prostate cancer, mostly in men with low selenium levels to start. And in the Physicians' Health Study, men with the highest blood selenium levels were only half as likely to develop advanced prostate cancer as men with the lowest levels. The Selenium and Vitamin E Cancer Prevention Trial, from the National Cancer Institute, is currently testing the effects of these supplements against prostate cancer and should provide more insight.

Though the evidence is preliminary, some studies hint that selenium may provide other health benefits, including possible protection against asthma, heart attacks, rheumatoid arthritis, and male infertility. A pooling of data from three studies, recently reported in the Journal of the National Cancer Institute, linked higher blood selenium levels to a 34% reduced risk of the most common kind of colon polyp.

Researchers have proposed several ways that selenium may prevent cancer. As a component in antioxidant enzymes, it may help prevent DNA damage. It may also boost immune function. And selenium may even inhibit growth of blood vessels upon which tumors are dependent and induce cancer cells to self-destruct.

Be careful: Too much selenium can be harmful. The difference between an optimal and toxic dose is small. The safe upper limit for adults is 400 micrograms a day. Doses of 1,000 micrograms or more a day can cause nausea, vomiting, hair loss, and other problems. Because selenium can be found in most foods, it is recommended that you do not supplement more than 200 micrograms per day.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	100 mcg	140%

Other ingredients: Cellulose, stearic acid (vegetable source) and magnesium stearate (vegetable source).

Vegetarian formula.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk or preservatives.

SUGGESTED DOSAGE: As a dietary supplement, take one tablet daily, preferably with meals.

CAUTION: As with all dietary supplements, do not take this product if you are pregnant or breast-feeding without prior medical consultation. Please keep out of reach of children.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.