

## HealthAid Selenium Plus Tablets (Vitamins A, C, E & Zinc)

Selenium is an essential trace element which activates one of the most important antioxidant enzymes in the body protecting tissue cells from oxidative damage caused by free radicals. It is also essential for healthy immune functioning. Selenium Plus from HealthAid is a specially formulated supplement, fortified with vitamins A, C, E and Zinc, to provide a powerful antioxidant combination with great free radical scavenger properties.

### Who Are HealthAid Selenium Plus Tablets (Vitamins A, C, E, Zinc) For?

Selenium Plus Tablets may be of benefit to:

- Those exposed to environmental pollutants and chemicals
- Heavy cigarette smokers, excessive alcohol drinkers, drug users and abusers
- Middle-aged people who want support through the ageing process
- Male fertility health
- People wanting to reduce the risk of diseases caused by free radical damage
- Those who want to maintain cardiovascular and heart health

### When should I take HealthAid Selenium Plus Tablets?

Selenium Plus tablets can be taken to help protect the body against free radical damage and the degenerative diseases that it can cause, reducing the risk of heart disease, infertility and help to increase immunity.

### Recommended Daily Intake of HealthAid Selenium Plus (Vitamins A, C, E, Zinc) Tablet :

Adults and children over 12 years of age, one tablet daily. Do not exceed recommended daily intake unless advised by a suitably qualified person.

**\*\* Allergy Information: For allergens, see ingredients in bold.**

**\*\* Free From Yeast, Gluten, Wheat, Dairy, Salt, Artificial Colours, Preservatives & Flavourings**

**\*\* Food Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.**

<b>Each Selenium Plus Tablet (Vitamins A, C, E, Zinc) contains (average):</b>	<b>%NRV</b>
Vitamin A	750µg 94
Vitamin E	67mg 558
Vitamin C	120mg 150
Zinc	4mg 40
Selenium	200µg 364

**\*: EC Nutrient Reference Value Not Yet Established**

#### **INGREDIENTS FOR SELENIUM PLUS TABLETS:**

Bulking Agent (microcrystalline cellulose, di-calcium phosphate), Vitamin C (ascorbic acid), Vitamin E (d-alpha tocopheryl succinate, **soybean** oil), Anti-caking Agent (silica, veg. magnesium stearate), Stabiliser (croscarmellose sodium), Glazing Agent

[hydroxy propyl methyl cellulose (HPMC), glycerine, titanium dioxide], Zinc Citrate, Vitamin A prep (retinyl acetate, acacia gum, sucrose, **corn** starch, **corn** oil, dl-alpha tocopherol), Binding Agent (acacia gum), Sodium Selenite