Organic selenium with 89% bioavailability

What is SelenoPrecise?

SelenoPrecise, Pharma Nord's patented selenium yeast, contains L-selenomethionine and more than 30 other organically bound selenium compounds. The preparation is unique in the sense that it is able to document a very high level of bioavailability and a stable quality:

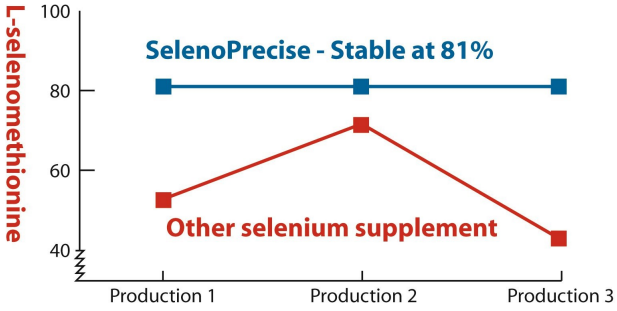
- 15 laboratories in 12 different countries have measured a high and stable content of L-selenomethionine in SelenoPrecise
- 89% of the selenium content is absorbed in the body

Scientifically documented

More than 40 scientific studies have been published, that explains the quality, the stable 81% content of L-selenomethionine, the high level of bioavailability, and the safety of SelenoPrecise. This is what makes the preparation an extremely well-documented selenium source. Also, it is the main reason why SelenoPrecise is used in scientific studies and research projects worldwide.

Why so many different selenium sources?

SelenoPrecise contains many different selenium sources because each type of selenium has different functions in the human body. By supplying a wide spectrum of selenium types it is possible to emulate the natural variety of selenium types found in a balanced diet. This, scientists believe, has the best effect on our health.



What is selenium?

Selenium is an essential trace element that supports an array of selenoproteins and selenium-dependent enzymes that are important for human health and well-being. One of these enzymes is glutathione peroxidase (Gsh-Px), which has several important functions in the body. In addition, selenium support a normal thyriod function. The thyriod function helps the metabolism in balance. Furthermore selenium supports biological processes as:

- a normal immune system
- production of normal sperm cells
- cell protection
- the maintenance of normal hair and nails

Pharma Nord

SelenoPrecise

1 tablet contains

		RDA*
Selenium	200 µg	364%

** RDA= Recommended Daily Allowance.*

Dosage
1 tablet daily, unless otherwise advised.
Preferably during/after a meal.

Do not exceed the recommended daily dosage.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients
Selenium yeast (SelenoPrecise), microcrystalline cellulose, dicalcium phosphate, silicium dioxide, hypromellose, talc, magnesium stearate, titanium dioxide.

Storage
Dark, dry and at room temperature.
Keep out of reach of young children.

Suitable for vegetarians.

Dietary supplements should not replace a varied diet.

Most of the selenium in the body is found in two forms:

Selenomethionine (that is embedded in different proteins instead of methionine) and selenocysteine.
We get selenomethionine from the diet exclusively because the body is unable to synthesize it. The body is, however, able to convert selenomethionine to selenocysteine, which we are also able to get from the diet in the form of se-methylselenocysteine.

In situations where we get too little dietary selenium, the body is able to use selenium that is stored in the body, simply by converting selenomethionine that is bound in different proteins.
SelenoPrecise contains both of these main selenium sources (selenomethionine and selenocysteine) plus several other selenium compounds which can also be found in a selenium containing diet.

Selenium ability to bind to heavy metals

In the body, selenium binds to different heavy metals and forms insoluble compounds that are eventually discharged from the body. This process consumes some of the available selenium, leaving less for other important selenium-dependent processes*. Studies show that selenium binds mercury in a 1:1 ratio.

** Schrauzer GN Selenium and selenium-antagonistic elements in nutritional cancer prevention. Crit Rev Biotechnol. 2009;29(1):10-7.*

Where is selenim found?

Selenium is found in such things as fish, nuts, whole-grain. People who do not consume these food items regularly may benefit from taking a selenium supplement for the sake of getting sufficient amounts of the nutrient. The recommended daily allowance (RDA) for selenium is around 50-70 µg (differs from country to country), were men generally need a little more than women.

Organic selenium has higher absorption

Selenium in the agricultural soil is inorganic. Once it gets absorbed by plants (and ends up in animals) it gets converted to organic selenium. The selenium we get from our diet can be bound to amino acids such as methionine and cystein. In contrast, selenium in supplements can either be organic or inorganic. It is known that organic selenium compounds have en easier time getting absorbed in the body and incorporated in the different selenium-dependent enzymes and selenoproteins. Also, organic selenium compounds are not reduced when ingested together with vitamin like it is seen with inorganic selenium.

The selenium content in agricultural soil differs

In countries where the agricultural soil is rich in selenium the population has a correspondingly high selenium intake. In the United States where there is a high selenium content in the soil (especially in the northern regions), the average selenium intake is around 60-220 µg daily.

The diet in low-selenium countries such as Denmark, in contrast, provides as little as 45-50 µg selenium per day.

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