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ESSENTIALS

SYNERGISTIC SELENIUM

Protects body cells from oxidative stress

Nutritional Information

One Tablet provides:

			*%NRV
Vitamin E (25 i.u.)	17 mg	α-TE	142
Vitamin C	100 mg		125
Mineral amino acid blend providing:	20 mg		
Selenium	200 µg		364

α-TE = Alpha tocopherol equivalent

*NRV = Nutrient Reference Values

Take one tablet daily with food.



SUMMARY

- A combination of 3 powerful antioxidants
- High potency
- Designed to work with the body's own antioxidant system

DESCRIPTION

Synergistic selenium combines high potency selenium, vitamin C and vitamin E in one tablet for a synergistic approach which supports the body's internal antioxidant system. Selenium is a trace mineral and antioxidant required for the protection of oxidative stress. Selenium is often deficient in European soils, and especially in organic soils. Vitamin C and E are also antioxidants and work with selenium in a variety of functions in the body.

WHAT DOES SELENIUM DO IN THE BODY?

Glutathione production: Selenium is a co-factor in the creation of the enzyme glutathione peroxidase. Glutathione peroxidase is the body's major antioxidant and free radical scavenger. Glutathione plays a major role in the function of the immune system and for detoxification, particularly heavy metal detoxification. Glutathione also recycles vitamin C and E in the body which further supports health.

Selenoprotein: Selenium is required for the creation of selenoprotein which is used in the body in many diverse functions and biochemical reactions. Deficiency of selenoproteins are implicated in a variety of diseases³.

Anti-inflammatory: Selenium combined with vitamin E works via the compliment-neutrophil-reactive oxygen feedback mechanism to inhibit excess ROS and inflammation. This combination may therefore be beneficial for a variety of inflammatory mediated health conditions¹.

Immune supportive: Selenium is required for the proper functioning of neutrophils, macrophages, natural killer cells and T lymphocytes². Selenium is required for the formation of selenoprotein necessary for immune cell formation.

WHAT ARE THE BENEFITS OF COMBINING SELENIUM WITH VITAMIN C AND E?

Antioxidant protection: Like selenium, vitamin C and E are potent antioxidants. The main function of vitamin E is as an oxidant protector for fats within the body. These fats are found in every cell membrane. Preventing them from oxidative changes and preserves their function. Vitamin C is a water soluble antioxidant and provides protection from the free radicals caused by indigenous and environmental toxins, as well as promoting their excretion from the body by stimulating certain liver enzymes.

HOW DO ANTIOXIDANTS BENEFIT HEALTH?

Chemistry of antioxidants: Oxidants are highly reactive substances which are lacking an electron from their chain, making them unstable and liable to damage cells and DNA structures. The process of oxidation is where an atom loses one or more electrons. Oxidising agents accept electrons from electron donors known as antioxidants. Antioxidants give away electron to unstable molecules in a process called reduction. Our intake of antioxidants, and our internal antioxidant enzymes must be abundant enough to counteract the oxidation process within the body and protect cells from damage. Oxidants are produced through breathing, inflammation, infection and the consumption of alcohol and cigarettes as well as many other indigenous metabolic processes and exposure to many other environmental toxins.

Effect on health: Excess oxidants within the body can cause oxidative stress and damage to DNA, proteins and fats. Fats are particularly sensitive to oxidation. They are found in every cell membrane and oxidative changes can affect the performance of the cell membrane. DNA damage is also a major cause of diseases caused by oxidation. Damage to DNA effects cellular functions and genetic expression.

Oxidation diseases: Due to the negative impact on the body cells, oxidation remains the cause of many diseases

including cardiovascular diseases, diseases of the nerves, kidneys, liver, skin, respiratory tract as well as malignancies, diabetes, inflammatory diseases, ageing and some viral infections⁴.

HOW SHOULD SYNERGISTIC SELENIUM BE TAKEN?

Take one tablet daily with food.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING SYNERGISTIC SELENIUM?

Synergistic selenium is intended exclusively for use by adults and is not recommended for:

- Children
- Pregnant and breastfeeding women

FEATURES

- A combination of 3 powerful antioxidants
- Supports the body's natural antioxidant glutathione peroxidase production
- High potency

HEALTH NEEDS



DETOX AND CELL
PROTECTION



IMMUNITY



SKIN, HAIR
& NAILS



WOMEN'S
HEALTH



EYES



JOINTS &
MUSCLES

SCIENTIFIC REFERENCES

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4. Indian J Exp Biol. 2002 Nov;40(11):1233-9.

