



SELENIUM

Selenium is essential to our bodies as it is a constituent of many selenoproteins that perform key functions.

FOOD SOURCES



Chestnut
613 mcg
[6-8 uni.]



Canned Tuna
45 mcg
[60 g]



Grilled Fish
50 mcg
[85 g]



Canned Sardine
31 mcg
[60 g]



Shrimp
33 mcg
[85 g]



Pasta
39 mcg
[150 g]

SIGNS OF DEFICIENCY

Selenium deficiency is not common since, with proper nutrition, it takes years for it to develop. Its deficiency has only been reported in regions of China with the appearance of Keshan disease.

NUTRITIONAL NEEDS



0 - 3 years old 15 - 20 mcg/day



4 - 13 years old 30 - 40 mcg/day



+14 years old 55 mcg/day



+14 years old 55 mcg/day



all ages 60 mcg/day



all ages 70 mcg/day

BENEFITS

Selenium is important for a healthy immune response, protecting against the action of free radicals. It has a protective effect on some cancers and may reduce mortality from cardiovascular disease. It is essential for the regulation of thyroid hormones and can have an impact on male fertility, as well as regulating inflammation in cases of asthma.