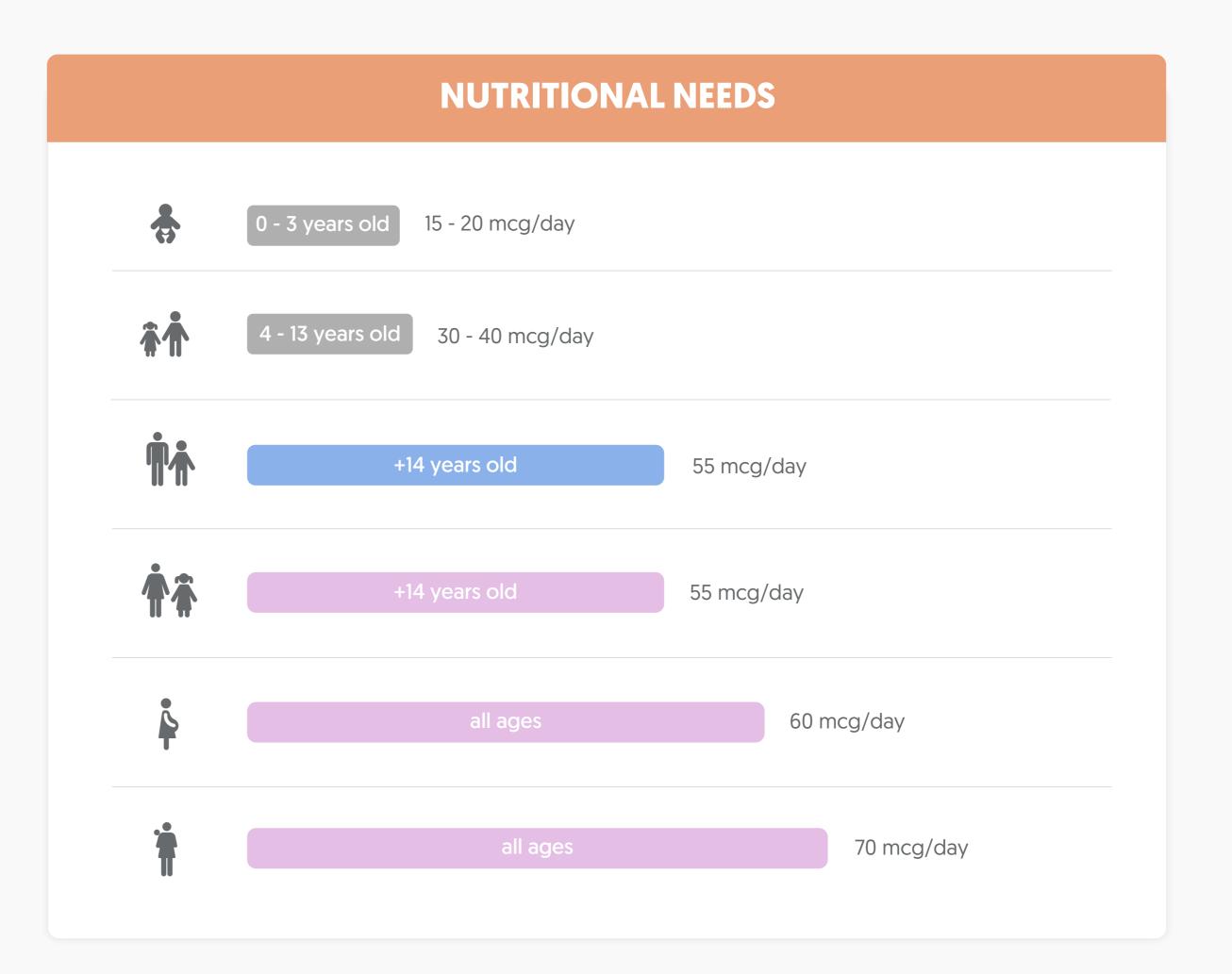


Selenium is essential to our bodies as it is a constituent of many selenoproteins that perform key functions.

FOOD SOURCES Canned Tuna Grilled Fish Chestnut 613 mcg 45 mcg 50 mcg (6-8 uni.) (60 g)(85 g)**Canned Sardine** Shrimp **Pasta** 31 mcg 33 mcg 39 mcg (85 g)(150 g)(60 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.



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.