

# Selenium forte



## To improve the selenium supply

### Selenium - An important component of the antioxidative network

Selenium is an essential trace element that was discovered in 1818 by the Swedish chemist Berzelius. It was named after the Greek moon goddess, Selene, due to its liver-grey brilliance. The essential trace element is a part of many enzymes and proteins. Thus, selenium plays a role in regulating the thyroid metabolism, helps to maintain normal hair and nails, and contributes to protecting the cells against the activities of aggressive molecules, the so-called free radicals, as part of the antioxidative network.

### Biogena Selenium forte: Organic selenium for targeted intake in the case of selenium deficiency

Biogena Selenium forte contains 200 µg selenium as selenomethionine. The organic selenium compound is very well absorbed and used by the body. Therefore, the long-term intake of Biogena Selenium forte should take place under medical supervision.

### Physiological importance of selenium

- Selenium plays a central role in protecting the cells against oxidative stress
- Selenium supports the function of the thyroid
- Selenium contributes to maintaining normal hair and nails
- Selenium supports spermatogenesis and is therefore, important for male fertility

### Possible applications:

- For targeted supply in the case of a laboratory-diagnostics confirmed selenium deficiency
- To protect the cells from oxidative stress

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours or flavours
- Gluten-free
- Fructose free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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**BIOGENA**  
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Selenium	200 µg	364

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), L-selenomethionine.

## RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Not suitable for use under 15 years of age. Selenomethionine can be stored by the body and accumulate. In case of long-term use, regular measurement of selenium blood levels is recommended.

## PACKAGE SIZE AND CONTENT

120 capsules (4 months supply), 22 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 08.08.2023



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