Burgerstein Vitamine

SelenVital

Content
100 Piece / Tablets
PZN 3052606
RRP 22,90 €

Recommended intake
1 tablet / day

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of
fructose, gelatine, gluten, granulated sugar, artifical sweeteners, lactose, sugar substitutes

Small, versatile all-rounder.

Burgerstein SelenVital contains 100 µg of easily utilizable, organic selenium per daily portion.

Selenium is a trace element that occurs in minute quantities in many foods. Alpine countries in particular have selenium-poor soils and a sufficient selenium supply is therefore difficult.

The trace element selenium helps to protect the cells from oxidative stress. Selenium also supports the normal function of the immune system and the thyroid gland. In addition, selenium contributes to the maintenance of normal hair and nails.

The product is suitable for vegans and vegetarians.

SelenVital supports...

- **... to protect the cells**
  Selenium helps to protect the cells from oxidative stress
- **... the immune system**
  Selenium contributes to the normal function of the immune system
- **... the thyroid gland**
  Selenium contributes to normal thyroid function
- **... hair and nails**
  Selenium contributes to the maintenance of normal hair / nails
- **... the man**
  Selenium contributes to normal sperm formation
- **... as an antioxidant**
  Contributes to the protection of cells from free radical damage

Information on selenium

Selenium was discovered as early as 1817. Intoxications with selenium first became known in areas with extremely high concentrations in the soil. Even today, respect for the toxicity of selenium is often greater than attention to its important functions in our metabolism. Not the least thanks to the improvement of analytical techniques, knowledge about the properties and effects of this essential trace element has been greatly deepened in the last 30 years.

Tip: Long-term preventive doses of up to 200 µg per day are recommended in areas with selenium-poor soils (Switzerland, southern Germany, Austria). The selenium whole blood level should be routinely checked more frequently in the doctor's office and when higher amounts of selenium are taken regularly.

Causes for disturbance of the selenium balance

Several factors can influence the selenium balance. These include:

- Chronic inflammation & gastrointestinal disorders
- Heavy metal exposure
- Supply deficiencies - selenium concentrations in soils can vary greatly from region to region, so foods may contain very little selenium (e.g. selenium-poor soils in Alpine countries)

VEGAN

Nutritional values	Per daily portion (1 tablet)	NRV*
Selenium	100,00 µg	182%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: bulking agent (cellulose), selenium-enriched yeast (30.6%), modified starch, anti-caking agents (magnesium salts of edible fatty acids, tricalcium phosphate, rice husk concentrate, rice extract), coating agents (hydroxypropylmethylcellulose, hydroxypropylcellulose, glycerin, talc).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.