

# Vitamin E with Selenium

DIN 02142910, 60 soft gel capsules, Vitamin/mineral supplement, Stock No. 1667-8

**V**itamin E and selenium, two powerful antioxidants, are synergistic, which means that the two together are stronger than the sum of their individual parts.

These nutrients are often lacking in the modern diet due to food processing and high-tech farming methods.

## *Did you know?*

Selenium, a mineral concentrated in soil, is an antioxidant that is critical for the production of glutathione peroxidase, the body's primary antioxidant that is found in every cell.

## *NSP Advantage*

60 soft gel capsules. Vitamin E and selenium supplement.

*Ingredients:* Each hermetically sealed capsule provides 400 IU of vitamin E (d-alpha tocopherol with other natural source tocopherols [d-beta, d-gamma, d-delta]), and 25 mcg of selenium amino acid chelate in a base of pure soybean oil

*Recommendation:* Take one capsule with a meal twice daily. For adult use only.

## Features & Benefits

- Vitamin E and selenium supplement.
- Vitamin E is an antioxidant vitamin, selenium is an antioxidant mineral. Antioxidants protect the body against damage from environmental pollutants.
- Vitamin E may improve cardiovascular health through its ability to make platelets less sticky. Less sticky platelets mean less platelet aggregation, which may improve blood flow.
- Strengthens capillary walls.
- Promotes healing of wounds and reduces scarring, especially when applied externally.
- Promotes healthy skin and hair.
- May help maintain healthy nerves and muscles.
- May help retard cellular aging due to oxidation.