



SelenoPrecise

What is SelenoPrecise?

SelenoPrecise, Pharma Nord's patented selenium yeast, contains selenomethionine and over 30 other organically bound selenium compounds. The preparation is unique in the sense that it is able to document a very high level of bio-availability and a stable quality:

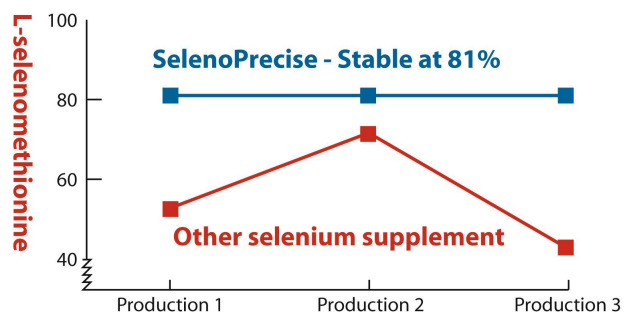
- 89% of the selenium content is absorbed in the body
- 15 laboratories in 12 different countries have measured a 67% L-selenomethionine content in SelenoPrecise

Scientifically documented

More than 40 scientific studies have been published, explaining about the quality, the stable 81% selenium content, the high level of bio-availability, and the safety of SelenoPrecise. This is what makes the preparation an extremely well-documented selenium source. Also, it is the main reason why SelenoPrecise is used in scientific studies and research projects worldwide.

Why so many different selenium sources?

SelenoPrecise contains many different selenium sources because, as it turns out, each type of selenium has different functions in the human body. By supplying a wide spectrum of selenium types it is possible to emulate the natural variety of selenium types found in a balanced diet. This, scientists believe, has the best effect on our health.



What is selenium?

Selenium is an essential trace element that supports an array of selenoproteins and selenium-dependent enzymes that are important for human health and well-being. One of these enzymes is glutathione peroxidase (Gsh-Px), which has several important functions in the body and contributes to maintaining good health. In addition, selenium is important for the body's production of thyroid hormone.

It is known that selenium supports biological processes that are important for the maintenance of such things as:

- a normal immune defense
- a well-functioning thyroid gland
- production of healthy sperm cells
- cell protection
- healthy hair and nails

SelenoPrecise

1 tablet contains

Selenium	200 µg	RDA* 364%
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* RDA= Recommended Daily Allowance.

Dosage

1 tablet daily, unless otherwise advised.
Preferably during/after a meal.

Do not exceed the recommended daily dosage.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients

Selenium yeast (SelenoPrecise), microcrystalline cellulose, dicalcium phosphate, silicium dioxide, hypromellose, talc, magnesium stearate, titanium dioxide.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

Suitable for vegetarians.

Dietary supplements should not replace a varied diet.



Most of the selenium in the body is found in two forms:

Selenomethionine (that is embedded in different proteins instead of methionine) and selenocysteine.

We get selenomethionine from the diet exclusively because the body is unable to synthesize it. The body is, however, able to convert selenomethionine to selenocysteine, which we are also able to get from the diet in the form of se-methylselenocysteine.

In situations where we get too little dietary selenium, the body is able to use selenium that is stored in the body, simply by converting selenomethionine that is bound in different proteins.

SelenoPrecise contains both of these main selenium sources (selenomethionine and selenocysteine) plus several other selenium compounds.

Selenium ability to bind to heavy metals

In the body, selenium binds to different heavy metals

and forms insoluble compounds that are eventually discharged from the body. This process consumes some of the available selenium, leaving less for other important selenium-dependent processes*. Studies show that selenium binds mercury in a 1:1 ratio.

* Schrauzer GN Selenium and selenium-antagonistic elements in nutritional cancer prevention. Crit Rev Biotechnol. 2009;29(1):10-7.

Where is selenium found?

Selenium is found in such things as fish, nuts, whole-grain. People who do not consume these food items regularly may benefit from taking a selenium supplement for the sake of getting sufficient amounts of the nutrient. The recommended daily allowance (RDA) for selenium is around 50-70 µg (differs from country to country), and men generally need a little more than women.

Organic selenium has higher absorption

Selenium in the agricultural soil is inorganic. Once it gets absorbed by plants (and ends up in animals) it gets converted to organic selenium. The selenium we get from our diet can be bound to amino acids such as methionine and cysteine. In contrast, selenium in supplements can be either organic or inorganic. It is known that organic selenium compounds have an easier time getting absorbed in the body and incorporated in the different selenium-dependent enzymes and selenoproteins. Also, organic selenium compounds are not reduced when ingested together with vitamin like it is seen with inorganic selenium.

The selenium content in agricultural soil differs

In countries where the agricultural soil is rich in selenium the population has a correspondingly high selenium intake. In the United States where there is a high selenium content in the soil (especially in the northern regions), the average selenium intake is around 60-220 µg daily.

The diet in low-selenium countries such as Denmark, in contrast, provides as little as 45-50 µg selenium per day.