

MAJOR MINERALS

Selenium

Selenium is an essential trace mineral for the human body, and it plays several important roles in maintaining health and well-being. Selenium is primarily obtained through the diet, and the selenium content of foods can vary depending on the selenium content of the soil in which the plants are grown or the animals are raised. Common dietary sources of selenium include nuts (particularly Brazil nuts), seafood (such as fish and shellfish), poultry, eggs, dairy products, and whole grains. Some research suggests that selenium may have a role in reducing the risk of certain cancers, particularly when combined with other antioxidants. However, the relationship between selenium and cancer prevention is complex and requires further investigation.

Some benefits include:

Antioxidant Defence

Selenium is a component of various selenoproteins. These enzymes help protect cells from oxidative damage.

Thyroid Function

Selenium is involved in the conversion of the thyroid hormone thyroxine (T4) to its active form, triiodothyronine (T3).

Reproductive Health

Selenium is important for both male and female reproductive health.

Heart Health

Selenium may have a role in supporting heart health by reducing inflammation and oxidative stress.

RDA

Adults - 55mcg per day

