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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Selenium Energy 100 µg, 90 capsules

Product number: PM6710



Price

Quantity	Unit price	Base price
To 1	€13.90	€868.75 / 1 Kilogramm
To 4	€13.20	€825.00 / 1 Kilogramm
From 5	€12.50	€781.25 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Selenium energised – the all-rounder among trace elements

Multitalented selenium – selenium occurs as a trace element in numerous enzymes and therefore has many functions in our body. It is, among other things, a component of antioxidant enzymes, contributes to a normally functioning immune system and to normal hair and nails. It is also particularly well known for its role in the thyroid. There it acts as a co-factor in the conversion of the thyroid hormone T4 into the active T3 form. Selenium is vital but cannot be produced by the body itself. Therefore it must be supplied via the diet, making particular attention to

adequate intake advisable.

We obtain most selenium from plant foods, which in turn absorb it from the soil. Unfortunately this is also where the problem lies. The selenium concentration of soils varies greatly regionally and beyond. Another source is found in animal foods. However, this is understandably not an option for a vegetarian or vegan diet.

Selenium requirements and sodium selenite vs. selenomethionine

The German Nutrition Society recommends a daily intake of 10–70 µg selenium. Age must be taken into account here: the younger the person, the less selenium needs to be consumed daily. For example, 10-year-olds have a requirement of 30 µg, adults a requirement of 70 mg. Children aged 1–4 years only 15 µg, so it goes without saying that selenium capsules for adults must be kept safely out of the reach of children!

The Upper Limit for selenium is 300 mg, i.e. the amount an adult can take daily over a long period without harmful effects occurring.
Selenium is a particularly critical nutrient. That means a deficiency has particularly severe consequences for the body, but so can an excess. A daily intake of over 300 µg should therefore be avoided unless instructed otherwise by a doctor or alternative practitioner, e.g. due to a severe deficiency.

Sodium selenite is inorganic selenium that is absorbed very quickly in the body and works effectively in the short term. However, this also carries a higher risk of overdose.
It is therefore suitable for situations in which selenium should act quickly and effectively, such as in an acute zinc deficiency.

Selenomethionine is organic selenium that is absorbed more slowly in the body. This, as well as selenium yeast, is particularly suitable when you want to correct a larger deficiency in the long term and sustainably, and less suitable when you want an effective and fast action. However, it is also less likely to lead to a harmful overdose so quickly.

These lower-dosed capsules from Podomedi therefore contain **sodium selenite** and are recommended when a fast and targeted effect of selenium is desired!

Energised – what does that mean?

Selenium is milled with itself in a special manufacturing process. Sodium selenite is used for this. This ensures effective absorption and utilisation and thus maximum effect.

Nutritional properties

- Selenium contributes to normal sperm production.
- Selenium contributes to the maintenance of normal hair.
- Selenium contributes to the maintenance of normal nails.
- Selenium contributes to the normal function of the immune system.
- Selenium contributes to normal thyroid function.
- Selenium helps to protect cells from oxidative stress.

Nutritional information

Micronutrients	**per daily portion 1 capsule**
Selenium	100 mg (182 %)

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*Reference value according to Regulation (EU) No. 1169/2011

Ingredients

Selenium, calcium carbonate, hydroxypropylmethylcellulose (veg. capsule),

Recommended intake

Take 1 × daily 1 Vcaps® Plus with the meal.

Storage instructions

Store in a cool, dry, light-protected place (not in the fridge).

Legal information

The recommended daily intake must not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of the reach of young children.

Product information

Application:	Skin & Hair, Immune system, Men, Metabolism, Cell protection
Dosage form:	In vegan capsules.
Micronutrients:	Selenium
Quality:	Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements