



Selenium
is an essential trace
mineral that the
human body
is dependent on,
yet can't produce
on its own.

eXselen[®]

eXselen Selenium is:

-  Organic
-  All Natural & Pure
-  Highest Selenomethionine Content
-  Easily Absorbed by the Body
-  Backed by over 15 Years of Research

eXselen[®]

*eXselen[®] is exclusively manufactured by
Embria Health Sciences[®]*

2105 SE Creekview Drive, P.O. Box 559
Ankeny, Iowa 50021
PH 877-362-7421 FAX 515-9649004
www.embriahealth.com



SELENIUM

The most important mineral
you've never heard of.

Selenium may not get as much attention as its more famous cousin calcium, but this mineral is just as critical to your health. In fact, research over the past 50 years has revealed that many body systems can't function optimally without it. Which is why more and more physicians are starting to recommend selenium supplementation to their patients.

What does selenium do?

A potent antioxidant, selenium helps protect cells against damage from free radicals – unstable molecules associated with the aging process. Selenium has also been found necessary for several important biological processes, including immune response.* Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.



Getting enough selenium through the diet

Selenium naturally occurs in a variety of foods such as whole grains and nuts. However, a food only has as much selenium as the soil in which it's grown. Since the soil in many parts of the world has been depleted of its selenium content, health-conscious people world wide choose to play it safe by adding a selenium supplement to their diet.



Choosing a selenium supplement

When selecting a selenium supplement, remember that some forms of selenium are better absorbed by the body than others. According to a recent article in the Journal of the American College of Nutrition, selenomethionine is the most appropriate form of supplemental selenium because the evidence shows it's the most bioavailable. Bioavailability ensures easy absorption, so the selenium you ingest is actually used by the body.

eXselen is the brand name of a superior, all-natural, organic form of selenium backed by over 15 years of research. eXselen is produced in a yeast inoculum, which is an excellent medium for creating high amounts of selenomethionine—the form of selenium you're looking for.

Selenium yeast vs. "yeast-free" selenium

If you're worried about ingesting yeast, don't be. eXselen selenium yeast is not pathogenic and therefore doesn't cause Candida or other yeast infections. In fact, at the time of packaging, the yeast used to make eXselen is no longer even active. But what selenium yeast does provide are highly beneficial B vitamins, plant glucans and important selenoproteins which some researchers now believe may be as important as selenomethionine.

Getting the right amount

The RDI (Recommended Daily Intake) for selenium is 55 micrograms (mcg) per day with differing daily amounts suggested for children and pregnant or lactating women. Because eXselen is in the form of highly absorbable selenomethionine, the amount of selenium you absorb is very close to the amount you ingest. That makes it easy to monitor your intake.



Look for eXselen on the label

Before you buy a selenium product, make sure to check the Supplement Facts panel for all-natural, organic, highly absorbable eXselen selenium. After all, you want to know that your body will actually utilize any selenium you take; with eXselen, More than 15 years of research ensures that you will.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.