What is Selenium?

Selenium is a trace mineral. It works with Vitamin E. A normal body contains approximately 14mg of selenium.

Why is Selenium important and what does it do in the body?

Selenium is a vitally important trace mineral. It helps protect our cells against damaging particles in the blood system which are called free radicals or Reactive Oxygen Species (ROS). It thereby prevents cellular damage and premature aging. Selenium is especially important in the production of glutathione peroxidase, which helps to protect the body against the free radicals hydrogen peroxidase and hydroperoxide. Selenium also plays an important role in reducing the toxic effect from heavy metals such as cadmium, aluminum, mercury and lead. It can help the body to combat diseases such as cancer, cystic fibrosis, heart disease and rheumatoid arthritis and reduce susceptibility to infection and multiple sclerosis. It may also reduce menopausal discomfort, fatigue, low sexual potency and dandruff.

Severe selenium deficiency is associated with Keshan disease (a heart muscle disorder affecting children) and Kashin-Beck disease, (a chronic bone disease in children).

What amount of Selenium do you need each day?

Males commonly require more selenium than females as it is used in the production of sperm and therefore lost in semen.

There is little selenium in most vegetables since plants do not require it for growth.

The DRI (Daily Recommended Intake)/RDA (Recommended Daily Allowance) of dietary Selenium are listed on the next page:

Please Note: By definition, the DRI/RDA recommendations apply only to 98% of healthy individuals and are not sufficient for those with higher nutrient requirements based upon their biochemical individuality, genetics, health status, medications, deficiencies, lifestyle, and toxic exposures.

The minimum daily recommended dietary allowances (RDA) for selenium are listed on the next page.
Adult
- 19 and older: 55 mcg
- Pregnant women: 60 mcg
- Breastfeeding women: 70 mcg

Pediatric
- Children 1 - 3 years: 20 mcg
- Children 4 - 8 years: 30 mcg
- Children 9 - 13: 40 mcg
- Children 14 - 18: 55 mcg

As a supplement: Some studies have recommended selenium at 200 mcg per day for some conditions. Other evidence suggests that this amount, taken over a protracted time may increase the risk of diabetes. You should discuss this with your health care provider, before taking more than the recommended daily allowance.
What are possible Selenium deficiency conditions and symptoms?

- Asthma
- Cancer
- Cataracts
- Dandruff
- Fatigue
- Frequent colds or infections
- Heart disease
- Heavy metal toxicity
- High cholesterol
- Hypothyroidism
- Liver impairment
- Male sterility
- Menopausal discomfort
- Multiple sclerosis
- Pancreatic insufficiency
- Rheumatoid arthritis

What steals Selenium from the body?

- High doses of Vitamin C especially if sodium selenite supplementation is used.
- Corticosteroid drugs: Prednisone (Meticorten), Dexamethasone (Decadron) and Methylprednisolone (Medrol).
- Chemotherapy drugs may require increased requirement for selenium

What are possible Selenium excess symptoms?

Selenium toxicity is rare but high doses can produce toxic effects. These include depression, anxiety, nervousness, gastrointestinal disorders, nausea and vomiting, a garlic odor of the breath and sweat, a metallic taste in the mouth and brittle nails.

What tests can be used to assess Selenium levels?

- Level in Red blood cells
- Plasma selenoprotein P
- Urinary selenosugar
What foods contain the highest amounts of Selenium?

**TOP 10 SELENIUM RICH FOODS ARE:**

1. Brazil nuts
   1,917mcg/100g
2. Mussels
   154mcg/100g
3. Lobster
   137mcg/100g
4. Clams
   126mcg/100g
5. Liver
   116mcg/100g
6. Tuna
   108mcg/100g
7. Mackerel
   101mcg/100g
8. Sunflower seeds
   79mcg/100g
9. Herring
   52mcg/100g
10. Pork tenderloin
    51mcg/100g

What are the best Selenium products?
The most bio-available forms of selenium are methylselenocysteine, selenomethionine and selenocysteine.

**REFERENCES**

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All the statements, including product labels, supporting literature and/or product manufacturers websites have not been evaluated by FDA. These products are not intended to diagnose, treat, cure or prevent any disease.
What are the very best Selenium products to buy?

**Pure Caps Selenium**
Antioxidant for immune system support
*Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain ...*

**Klaire VitaSpectrum**
Powdered multiple vitamin/mineral supplement for children with Autism Spectrum Disorders.
Natural berry-pomegranate flavor.
This comprehensive multiple vitamin/mineral supplement contains 28 highly bioavailable ...*

**ProThera MultiThera 3**
Iron- and copper-free multiple formula.
Both iron and copper have been eliminated from this version of MultiThera® to address the needs of patients who may have elevated tissue identical in all other respects to MultiThera® 1 ...*

**Pure Caps Mens Pure Pack**
Regardless of your walk of life, all men need to ensure that they get enough of an array of important nutrients. However, who wants to spend their time picking out supplements for a daily ...*

**Pure Caps Womens Pure Pack**
Women’s Supplement to Support Bone and Heart Health. Now With Metafolin® L-5-MTHF. Sizes Available 30 packets. Each packet contains 6 different supplements, including ...