

**SUGGESTED USE:** Adults, as a dietary supplement, take one (1) capsule daily with a meal.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

10255-v102



# DR. MERCOLA®

## ZINC PLUS SELENIUM



90 CAPSULES | DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%Daily Value
Zinc (from Zinc Bisglycinate Chelate)	15 mg	136%
Selenium [from Selenium Yeast ( <i>Saccharomyces cerevisiae</i> )]	200 mcg	364%
Copper (from Copper Bisglycinate Chelate)	0.25 mg	28%

**OTHER INGREDIENTS:** Organic Rice Hull, Capsule (Hydroxypropyl Methylcellulose).

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696

Providing quality products since 2001.