



Dr. Rath Zinc-Selenium Complex™

The added benefit of an extra supply of trace elements

Zinc and selenium are trace elements. Most trace elements are essential, and are therefore indispensable for maintaining life. Just like vitamins and other cellular nutrients, they must be supplied to our bodies regularly with food.

Trace elements are classified under the category of minerals. They only occur in small amounts (traces) in our bodies, but their infrequent occurrence should not obscure their importance for health.

Trace elements are involved in many metabolic processes. Optimum daily supply of essential trace elements has a positive effect on our health and well-being.

Zinc and selenium, for example, help protect the cells against oxidative stress, and promote the normal function of the immune system.

Zinc and selenium are essential trace elements. They are involved in many of the metabolic processes of our body. **Dr. Rath Zinc-Selenium Complex™** contains a combination of these two valuable micronutrients:

- For an additional supply of selected essential trace elements
- To support the normal function of the immune system
- As a contribution to protecting the cells of our bodies against oxidative stress
- As a contribution to normal thyroid activity (thanks to selenium)

Contents of one tablet:

Zinc	25	mg
Selenium	50	µg
Vitamin B6	2.8	mg

Recommended allowance:

Adults: 1 tablet 2 times a day. Take with plenty of liquid (water, tea), 2 hours after mealtimes.

Presentation: 60 tablets per jar
Order No.: 023

Special Formula

Dr. Rath Zinc-Selenium Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme.

Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Zinc-Selenium Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

