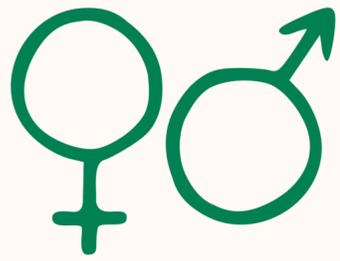




Selenium

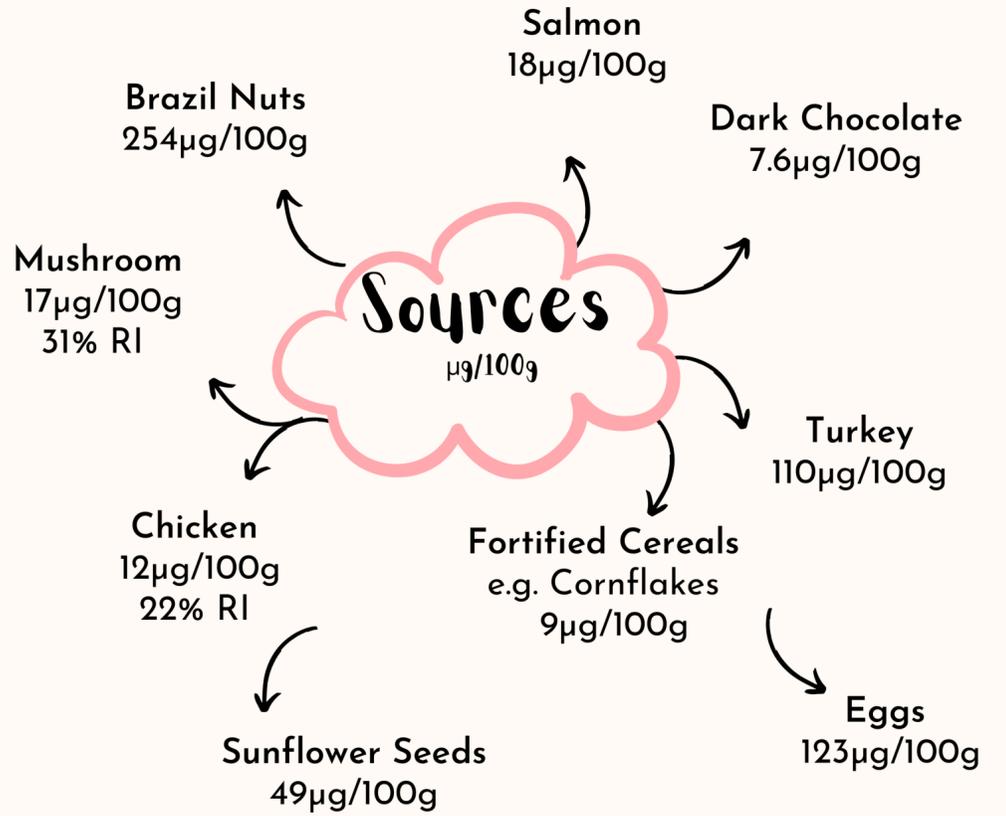


What does it do?

Performs antioxidant activities, particularly when combined with vitamin E. Helps fight free radicals, reducing the risk of chromosomal breakage and damage

Plays a significant role in follicle development and protection and defends the endometrium in preparation for implantation

Improves testicular function to include:
Sperm count
Sperm morphology
Sperm motility



How much do I need?

RI - Females:
60µg per day

RI - Males:
75µg per day

Pregnancy

No change in intake required during pregnancy

Recipe Idea...

Breakfast wrap

Ingredients

- 1 Wholemeal Tortilla
- 30g Mushroom
- 80g Raw Spinach
- ½ Red Pepper
- 2 Eggs
- 1 tsp Chopped Parsley
- 1 tsp Vegetable Oil

Method

- Heat up oil in a pan over a medium to high heat
- Sauté mushrooms, raw spinach and red peppers with the chopped parsley
- Whisk up eggs and scramble in a separate pan over a medium heat, stirring gently to the desired consistency
- Layer the eggs over the sautéed vegetable in a tortilla wrap and roll up to serve

Per Portion

Kcals: 432
Selenium: 48.75µg (75% RI)