

# SELENIUM RICH FOODS



Brazil nuts  
5,800 mcg/2000 cal



Oyster  
1,900 mcg/2000 cal



Mussels  
1,000 mcg/2000 cal



Liver  
1,000 mcg/2000 cal



Shrimp/prawns  
800 mcg/2000 cal



Egg whites  
750 mcg/2000 cal



Spinach (100%)



Cod  
700 mcg/2000 cal



Salmon  
550 mcg/2000 cal



Asparagus  
550 mcg/2000 cal



Pork loin (lean)  
550 mcg/2000 cal



Tuna  
500 mcg/2000 cal

# The Role Of Selenium In Nutrition

**RM Cervero**



## **The Role Of Selenium In Nutrition:**

Uncover the mysteries within Crafted by is enigmatic creation, **The Role Of Selenium In Nutrition** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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