

TOP 10 SELENIUM FOODS

DrAxe.com
FOODS FOR MEDICINE

1	Brazil Nuts		544 mcg (100% DV) 1 OZ (6-8 nuts)
2	Yellowfin Tuna		92 mcg (100% DV) 3 OZ
3	Halibut (cooked)		47 mcg (67% DV) 3 OZ
4	Sardines (canned)		45 mcg (64% DV) 3 OZ
5	Grass-fed Beef		33 mcg (47% DV) 3 OZ
6	Turkey (boneless)		31 mcg (44% DV) 3 OZ
7	Beef Liver		28 mcg (40% DV) 3 OZ
8	Chicken		22 mcg (31% DV) 3 OZ
9	Egg		15 mcg (21% DV) 1 LARGE
10	Spinach		11 mcg (16% DV) 1 CUP

Selenium As Food And Medicine

Rosina Ehmman



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