

Product Quality:

- 100 % natural
- no contamination with heavy metals*
- free of herbicides/pesticides*
- microbiologically clean*

[You will find further important quality details on our quality page!](#)

Product Information:

SpiruSelenium provides the body with the trace element selenium on a food base - **100 % natural**.

- selenium is not added afterwards but is naturally absorbed during the growth of spirulina
- easy to digest, very compatible
- contains natural selenium-proteins, methionine, vitamin B₆ etc. for an ideal absorption and utilisation of selenium.

Pharmaceutical Form: 400 mg tablets with naturally bound 30 µg selenium, 1,5 mg vitamin E per tablet

Ingredients: Spirulina platensis microalgae powder, vegetable vitamin E

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavour additives, coloring and fillers
- contains no iodine

* [Product analysis on the back](#)

SpiruSelenium

Sanatur

Spirulina platensis microalgae with higher naturally selenium - natural food supplement

• to provide the body with naturally bound selenium ⁽⁴⁾

- able to support the removal of heavy metal ^{(3) (5)}
- able to support the removal of radioactive substances ⁽⁶⁾
- able to contribute to immune system fortification ^{(3) (4) (5) (6)}
- accompaniment for disorders of the thyroid (hypofunction, hashimoto, by knot formation) ^{(3) (6)}
- accompaniment for with lymph problems (oedema) ⁽³⁾
- supportive when not enough selenium is absorbed by alimentation, e.g. when the ground is poor in selenium, during diets, at assimilation disorders ⁽³⁾
- accompaniment during and after a cancer therapy ^{(3) (4)}
- accompaniment at gastrointestinal discomfort as well as with liver and pancreas disorders ^{(3) (4) (6)}
- accompaniment by cardiovascular system discomforts as well as rheumatic ailment ⁽³⁾

minimum 3 months to 2 years

21 days

permanent consumption

permanent consumption

permanent consumption

permanent consumption

during and till 3 months after

permanent consumption

permanent consumption

Selenium supports the immune system and is one of the most important antioxidants. It is helpful in times of stress through environmental poisons and is an active part of the important thyroid hormones T₃ and T₄. ⁽³⁾



- Persons with an increased need for selenium (seniors, athletes, chronically sick persons, smokers, alcohol addicts)
- Persons with on-sided food patterns (vegans, reduced absorption of protein)
- Adults
- Teenagers

Important: Due to the good detoxifying capacity of selenium we recommend for children, pregnant and nursing woman to consume SpiruSelenium only after the agreement of a therapist.



Adults, Teenagers: 1 tablet to swallow before a meal, with a lot of liquid

Children: 1 tablet see above (for small children dissolve tablet in liquid)

During a 21-day consumption of 4 tablets of SpiruSelenium daily there were no unwanted effects. ⁽⁶⁾ Particular constipation (then please drink more) or diarrhoea (reaction of detoxification = lower the dose) may appear. ⁽⁴⁾

Important: The suggested dose of selenium is between 30 - 70 mcg, DGE, WHO - the therapeutic dose starts with 200 mcg ⁽³⁾ daily



SpiruSelenium can be used with all products of Sanatur as well as combined with wood garlic, mistletoe products, homeopathic medicin, amino acids and vitamin A, C and E. ⁽⁴⁾



(3) according to the compendium for physicians and pharmacists „Orthomolecular medicine“- author Uwe Gröber (4) experience values of the Sanatur survey with therapists 2001; (5) decontamination of heavy metals with microalgae Spirulina platensis 5/2000; (6) immune corrective influence of Spirulina platensis as daily food supplement and at environmental stress 10/1997