

# Selenium Information Sheet

## Sunflower Wellness and Hydration

### What is Selenium?

Selenium is a trace mineral essential for many bodily processes. It plays a key role in antioxidant defense, thyroid health, immune function, and overall wellness.

### Quick Facts

- Category: Essential trace mineral
- Role: Antioxidant, thyroid support, immune defense
- Found in: Brazil nuts, seafood, meats, eggs
- Deficiency Signs: Fatigue, brain fog, low immunity, hair loss

### Benefits of Selenium IV Therapy

- Supports healthy immune system function
- Protects cells from oxidative stress
- Promotes thyroid hormone balance
- May improve mood and mental clarity
- Helps maintain strong hair, skin, and nails

### Why IV Selenium?

Oral absorption of selenium can vary. IV therapy ensures direct delivery into the bloodstream for faster, more efficient utilization.

### Safety & Considerations

- Generally well tolerated in recommended doses
- High doses can be toxic; administered only by trained professionals
- Not recommended for those with selenium toxicity or certain thyroid conditions without clearance

### Possible Side Effects

- Nausea
- Fatigue
- Metallic taste

- Rare: hair or nail changes (with chronic high doses)

■ At Sunflower Wellness and Hydration, we customize IV therapy to support your health and wellness goals.