



AUTOIMMUNE DISEASE & SELENIUM

Autoimmune diseases arise from an abnormal immune response of the body against substances and tissues normally present in the body. The so-called abnormal auto-antibody mistakes healthy body tissues for “foreign” antigens and attacks them, thus causing abnormal excessive inflammation or tissue injury, which leads to autoimmune diseases. Mostly common autoimmune diseases are psoriasis, lupus erythematosus, rheumatoid arthritis, vitiligo, thyroiditis etc.. Many research studies have shown that low activity of glutathione peroxidase due to selenium deficiency in the body is most likely to be one of the main causes of autoimmune diseases. As a natural antioxidation, selenium supplement can increase the activity of selenoenzymes, in particular glutathione peroxidase, enhance the antioxidant capacity, scavenge oxygen free radicals and improve the immune system of the body, which helps the body recover from the disease.