



CARDIOVASCULAR DISEASE & SELENIUM

Selenium plays a vital role in maintaining the normal structure and function of the cardiovascular system. Protecting the cardiovascular cells through scavenging free radicals and inhibiting lipid peroxidation, allowing the normal myocardial metabolism and preventing atherosclerosis. Selenium can also improve the flow of blood vessels by adjusting cholesterol, reducing the blood viscosity, and help with the restoration of blood vessel walls.