AgelessCoach™
AGE STRONG. LIVE LONG.

Selenium: The Six Foods, and the Ceiling

How much you actually need, the six foods that carry the most, and the point where more stops helping and starts hurting.

✓ **Verified against published guidance** from the NIH Office of Dietary Supplements, Cleveland Clinic & the National Cancer Institute · sources below

See a doctor if you notice hair loss, brittle or falling nails, a garlic odour on your breath or a metallic taste, especially if you take a selenium supplement. The NIH Office of Dietary Supplements lists these among the signs of selenosis, which comes from chronically high intakes. Stopping the supplement is the first step, and it is worth a conversation rather than a guess.

✓ Do This

Aim for 55 mcg a Day

- That is the adult RDA at every age
- 51 and over does not need more
- Same figure for men and women

COACH'S TIP One target covers your whole adult life.

Get It From Protein Foods

- Seafood, meat, poultry, eggs, dairy
- Variety does the work on its own
- Grains, beans, lentils and nuts too

COACH'S TIP ODS says a varied diet gets you there.

Put Fish on the Plate Twice a Week

- Yellowfin tuna: 92 mcg per 3 ounces
- Shrimp: 42 mcg per 3 ounces
- Sardines: 45 mcg per 3 ounces

COACH'S TIP One tuna serving beats the daily target.

Count Brazil Nuts, Do Not Snack on Them

- 68 to 91 mcg in a single nut
- One ounce is 544 mcg, above the ceiling
- One nut already passes 55 mcg

COACH'S TIP Treat them as a dose, not a handful.

Check the Label Before Doubling Up

- Many multivitamins already contain it
- Read the Supplement Facts panel
- Add a separate pill and you stack

COACH'S TIP Most people are stacking without knowing.

Ask About It Only If You Are at Risk

- Kidney dialysis is one ODS example
- Otherwise deficiency is rare here
- So is living with HIV

COACH'S TIP A real reason, not a general worry.

✗ Do Not

Do Not Cross 400 mcg a Day

- That is the adult upper limit
- The gap above 55 is smaller than it looks
- It counts food plus supplements

COACH'S TIP The ceiling is the number to respect.

Do Not Eat Six Brazil Nuts in a Day

- Six nuts is 408 to 546 mcg
- ODS warns about going over
- That clears 400 at any point in the range

COACH'S TIP Six is over the line even at the low end.

Do Not Take Selenium to Prevent Prostate Cancer

- SELECT enrolled 35,533 men
- Participants were told to stop in 2008
- NCI: it did not prevent prostate cancer

COACH'S TIP The biggest trial ever run said no.

Do Not Combine Nuts and a Supplement

- Either one alone can cover the day
- Cleveland Clinic advises picking one
- Together they stack toward the ceiling

COACH'S TIP Pick the food. It is cheaper and safer.

Do Not Assume You Are Deficient

- ODS: most people in the US get enough
- Soil in North America is selenium rich
- Cleveland Clinic: rare to need it here

COACH'S TIP Rare means rare. Test before you treat.

Do Not Treat More as Better

- Antioxidant does not mean unlimited
- The signs show in hair and nails first
- Selenosis comes from chronic high intake

COACH'S TIP This nutrient punishes enthusiasm.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

55 mcg	Recommended Dietary Allowance for all adults 19 and over (ODS)
400 mcg	Tolerable Upper Intake Level for adults (ODS)
544 mcg	Selenium in one ounce of Brazil nuts, about 6 to 8 nuts (ODS)

Sources: NIH Office of Dietary Supplements (Selenium fact sheet) · Cleveland Clinic (Benefits of Selenium) · National Cancer Institute (SELECT trial results). **Educational content, not medical advice.** Talk with your doctor.

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