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Selenium.

What is Selenium?

Selenium is a non-metallic chemical element.

Selenium is the central element in glutathione peroxidase (GPx), an antioxidant enzyme that protects cells against the oxidative damage caused by peroxides and free radicals.

Selenium forms part of the structure of the important antioxidant enzyme glutathione peroxidase, which in turn recycles glutathione.

The correct balance of selenium is very important.

The current daily value (DV) for selenium is 35µg (micrograms).

It is important to note that the amount of selenium in any product varies greatly by the amount of selenium in the soil in which it was produced / grown / raised.

Plant selenium is totally dependent on selenium being in the soil in the first place.

Selenium needs to be supplied as a supplement to dogs in areas low in soil selenium.

If there's none in the soil there's none in the plant either.

Selenium works very well with vitamin E.

Selenium is essential and required in very minute amounts as an antioxidant. Helps to slow aging and regulate the pancreas (blood sugar) and for proper functioning of the thyroid gland and may help protect against free radical damage and cancer.

Works with fatty acids and is important for immune system and reproductive function.

Selenium excess.

An excess of selenium can lead to bad breath, diarrhoea, and even hair loss, can cause toxicity which affect the heart, liver and kidneys.

Selenium deficiency.

Selenium deficiency diseases include immune deficiencies {in long term cases to Hashimoto's disease - a condition in which the body's own immune system attacks the thyroid}, cancer, tumours, heart abnormalities, skin problems, low fertility, retarded growth rates, bone abnormalities, lameness, and muscular weakness.

Sources.

As ion commercial supplements.

Selenium is strictly a trace mineral and naturally found in foods.

Nuts – Brazil nuts.

Mixed nuts.

Cashews.

Black walnuts.

Cereals.

Seafood;

Fish.

Oysters

Mussels.

Octopus.

Lobster.

Clams.

Squid.

Whole grains;

Wheat.

Rey.

Brown Rice.

Pearl Barley.

Oatmeal.

Quinoa.

Seeds;

Sunflower.

Chia Seeds.

Sesame Seeds.

Flaxseeds.

Pumpkin.

Squash.

Meats – Pork - Beef – Lamb – Chicken – Turkey.

Eggs.

Mushrooms - Crimini – Shiitake- Portabella.