
Subject: 40 tbl. a 50mikrogramm Natriumselenit beim DM-Markt ca.4-5Eur!!!(oT)
Posted by [Quick](#) on Sat, 07 Jan 2006 19:14:38 GMT

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Was Guckst DU Lan?

Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70
Eur!!!(oT)

Posted by [pilos](#) on Sat, 07 Jan 2006 19:26:26 GMT

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Subject: getoppt! :D oT

Posted by [mare](#) on Sat, 07 Jan 2006 20:03:51 GMT

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was e isse a?

Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70
Eur!!!(oT)

Posted by [Ralf3](#) on Sat, 07 Jan 2006 20:09:17 GMT

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Was hat es mit dem Natriumselenit auf sich? Ist es besser wie die Selenhefe? Hab wohl was verpasst.

Gruß Ralf

Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70
Eur!!!(oT)

Posted by [pilos](#) on Sat, 07 Jan 2006 20:17:24 GMT

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Ralf3 schrieb am Sam, 07 Januar 2006 21:09Was hat es mit dem Natriumselenit auf sich? Ist es besser wie die Selenhefe? Hab wohl was verpasst.

Gruß Ralf

es heist es sei besser aber das glaube ich nicht....den alle mineralienhefen wurden besser aufgenommen als alle anderen verbindungen.....

Subject: 90 tabl. a 100 mikrogramm natriumselenat 2,7euro in Holland :) (ot)
Posted by [kkoo](#) on Sat, 07 Jan 2006 21:09:43 GMT
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Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70 Eur!!!(oT)
Posted by [daniel](#) on Wed, 11 Jan 2006 11:31:58 GMT
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Natriumselenit darf man auch nicht gleichzeitig mit Vit C einnehmen, weil es in Verbindung ohne zu wirken ausgeschieden wird.

Bei Selen in anderen Verbindungen soll das aber kein Problem sein.

Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70 Eur!!!(oT)
Posted by [tristan](#) on Wed, 11 Jan 2006 11:50:58 GMT
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Ich habe mich bisher hiernach gerichtet: (nehme Selenmethionin)

" Organic forms of selenium (selenium yeast and selenomethionine, or selenocysteine) are always preferable to inorganic forms such as sodium selenite because of their better absorption and lower toxicity, even when ingested at much high amounts. In contrast, due to its free-radical promoting oxidative nature, inorganic selenium is mutagenic and has caused cataracts at high doses in animal studies, while organic selenium is less toxic, and does not have mutagenic or oxidizing activity. Deficiency of selenium leads to lowered glutathione peroxidase activity (cardiovascular disease) and it is implicated with a higher risk for cancer of the liver (particularly from hepatitis B), lungs, breast, skin, colon, rectum and prostate. It is still not clear whether the lowered risk of developing certain cancers from taking about 200mcg of

selenium per day also applies to individuals who previously exhibited normal levels of selenium, or only to those with lower levels before supplementing that amount.

Although selenium and Vitamin E work together synergistically in that they carry out antioxidant and immunostimulating functions, they compete with each other on a biochemical level, where increasing the one requires an increase of the other, otherwise ratio problems occur. The same effect happens to Vitamin E when higher amounts of Vitamin C are supplemented, despite both being antioxidants. Although there are reports that Vitamin C inhibits selenium absorption by inactivating it in the stomach or small intestine, this is not supported by my own findings or those of most other researchers. In fact, Vitamin C supports selenium uptake by preventing the inhibitory action of zinc on selenium (making Vitamin C synergistic to selenium instead), particularly when organic forms are used."

Subject: Re: 60 tbl. a 50mikrogramm Natriumselenit +ACE beim Rossmann ca. 2,70 Eur!!!(oT)

Posted by [pilos](#) on Wed, 11 Jan 2006 15:34:19 GMT

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tristan schrieb am Mit, 11 Januar 2006 12:50Ich habe mich bisher hiernach gerichtet: (nehme Selenmethionin)

" Organic forms of selenium (selenium yeast and selenomethionine, or selenocysteine) are always preferable to inorganic forms such as sodium selenite because of their better absorption and lower toxicity, even when ingested at much high amounts. In contrast, due to its free-radical promoting oxidative nature, inorganic selenium is mutagenic and has caused cataracts at high doses in animal studies, while organic selenium is less toxic, and does not have mutagenic or oxidizing activity. Deficiency of selenium leads to lowered glutathione peroxidase activity (cardiovascular disease) and it is implicated with a higher risk for cancer of the liver (particularly from hepatitis B), lungs, breast, skin, colon, rectum and prostate. It is still not clear whether the lowered risk of developing certain cancers from taking about 200mcg of selenium per day also applies to individuals who previously exhibited normal levels of selenium, or only to those with lower levels before supplementing that amount.

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das stimmt auch....
