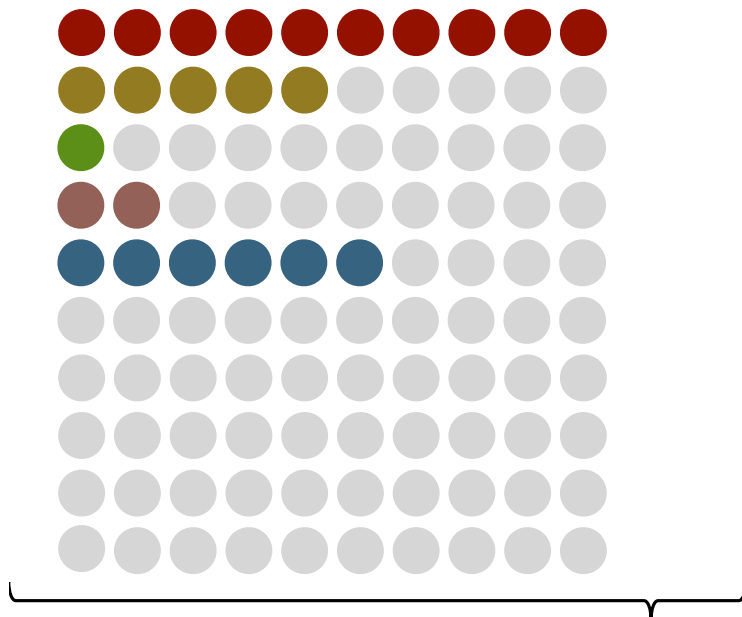


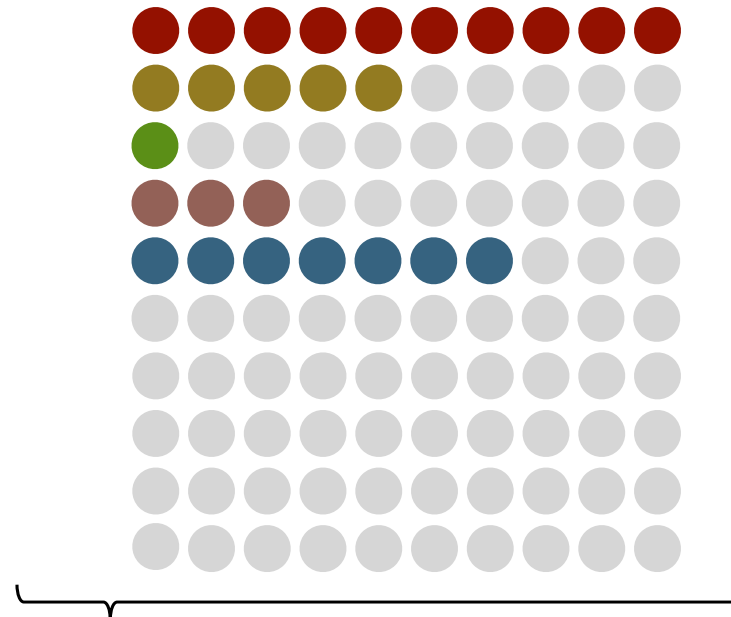
Selenium supplementation for the prevention of cancer in men







Numbers for men aged 50 years and older without a selenium deficiency who either supplemented their diets with selenium for four to seven years or did not take selenium supplements.

100 men without selenium supplementation



100 men with selenium supplementation



	How many men were diagnosed with cancer?	10	10
	How many men were diagnosed with prostate cancer?	5	5
	How many men died of cancer?	1	1
	How many men suffered pathological hair loss?	2	3
	How many men experienced mild to moderate dermatitis?	6	7
	Remaining men		

Source: Lippman et al. *JAMA* 2009;301(1):39-51.

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www.hardingcenter.de/en/fact-boxes