



SELENIUM (RED CELL) - Test Code 5010



Turnaround Time: 7-10 business days



Specimen Type: 1x Na-Heparin Tube (Navy)

Description

Selenium is essential for antioxidant defence, thyroid hormone metabolism and fertility and reproduction (Bjørklund et al., 2022). Sufficient selenium levels contribute to a robust immune system, protect against oxidative stress and are involved in DNA synthesis and repair (Bjørklund et al., 2022).

A deficiency in selenium can lead to various health issues, such as compromised immunity, thyroid dysfunction and an increased risk of chronic diseases, including heart disease and specific cancers (Bjørklund et al., 2022). These potential health consequences highlight the importance of maintaining adequate selenium levels in the body.

As we age, our bodies produce more harmful molecules called reactive oxygen species (ROS), which can damage cells and lead to diseases like cancer and Alzheimer's (Bjørklund et al., 2022). Natural antioxidants, like selenium, help protect cells, boost immunity and reduce the risk of age-related health problems by combating oxidative stress (Bjørklund et al., 2022).

Selenium is a crucial trace mineral that plays significant roles in various bodily functions. By monitoring and managing selenium levels, individuals can enhance their health and mitigate the risk of associated complications.

Whats included?

- Selenium (red cell)

Conditions and Symptoms

- Poor thyroid function
- Cardiovascular issues
- Infertility
- Weakened immune system
- Chronic fatigue
- Restricted diet

Complementary Testing

- Thyroid Profile Extensive (Test code 1114)
- Cardiovascular Profile Comprehensive 2 (Test code 4027)
- Female Fertility Profile (Test code 1014)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details