

SELENIUM

Meaning: Selenium is a vital trace mineral that is important for various bodily functions, including antioxidant defense and immune system support.

1. Selenium is an essential trace element that plays a crucial role in the body's antioxidant defense system.
2. Many people take selenium supplements to support their immune system and overall health.
3. In agriculture, selenium is often added to livestock feed to prevent deficiencies in animals.
4. Research has indicated that selenium may have a protective effect against certain types of cancer.
5. The soil in some regions contains low levels of selenium, which can impact the health of crops grown there.

Source: sentences.whatistheurl.com

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