



The Role of Selenium in Nutrition

Gerald F. Jr. Combs

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The Role of Selenium in Nutrition reviews the most pertinent scientific literature dealing with the basic aspects of the present understanding of the roles of selenium (Se) in nutrition and health. The book begins with a general discussion of Se, covering its various forms, chemistry and physical properties, and techniques for Se analysis. This is followed by separate chapters on the environmental aspects of Se, including its presence in mineral deposits, soils, water, air, and uptake by plants; Se contents of human foods and animal feedstuffs; biological utilization of dietary Se; and absorption, excretion, metabolism, and tissue concentrations of Se. Subsequent chapters deal with the biochemical functions of Se; Se-related diseases of animals and livestock; the role of Se in human health and in support of normal immune function and disease resistance; and the relationship of Se and cancer. The final chapter reviews the evidence concerning the toxicity of Se compounds and sets this in perspective with current knowledge of the roles of Se in nutrition and health, and of the normal exposures of animals and humans to Se compounds.

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