I heard that you should take selenium if you have liver disease. Is this true?

July 17, 2018 By Lucinda K. Porter RN

Probably not. Selenium is an essential trace element, and necessary for a healthy liver. However, selenium deficiency is rare, particularly in the United States. Too much selenium can injure the liver, as well as cause other health problems. Excess selenium causes cirrhosis and is linked to non-alcoholic fatty liver disease (NAFLD).

Selenium is found in many foods such as seafood, meat, poultry, eggs, grains, beans, nuts and dairy products. The recommended daily allowance (RDA) for most adults is 55 mcg. To avoid selenium toxicity, experts recommend limiting Brazil nuts to no more than two per day. One Brazil nut provides more than 95 mcg selenium, which is greater than the RDA.

Click here for more information about supplements and the liver.

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http://beta.docker.hepmag.com/article/heard-take-selenium-liver-disease-true