Selenium's Efficacy as a Cancer Preventative Depends on the Form of Selenium People Take

Printed from https://www.cancerquest.org/newsroom/2011/03/seleniums-efficacy-cancer-preventative-depends-form-selenium-people-take on 11/14/2026



Cancer prevention by normal dietary items or dietary supplements is an active area of research. Selenium is an element that is found in the body in trace amounts. It is incorporated into proteins and is involved in the activity of some enzymes. Selenium has previously been examined for its ability to prevent prostate cancer, with ambiguous results. Exactly how much and what forms of selenium might be useful in cancer prevention is unknown.

To address these questions. researchers are now investigating how different forms of selenium are taken up, metabolized and distributed in cancer cells. The results may help in the development of cancer prevention methods.

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http://pubs.acs.org/doi/abs/10.1021/bi101678a
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