



Biochemistry of Selenium (Biochemistry of the Elements) (Volume 2)

Raymond Shamberger

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In recent years many exciting research results have indicated that selenium, depending on its concentration, can influence mammalian metabolism. It has been estimated that in selenium-deficient areas, selenium or selenium-vitamin E combinations added to animal feed can prevent annual losses to beef and dairy cattle and sheep valued at 545 million dollars and poultry and swine losses valued at 82 million dollars. Some animal diseases that can be prevented by a selenium-supplemented diet include liver necrosis, nutritional muscular dystrophy, exudative diathesis, pancreatic degeneration, mulberry heart disease, infertility, growth impairment, periodontal disease, and encephalomalacia. Selenium intake levels are dependent on the plant or animal feed concentrations, which, in turn, are dependent on the pH of the soil and the types of rocks from which the soils are derived. At normal metabolic levels selenium possesses an antioxidant effect manifested through glutathione peroxidase, and selenium also has an effect on cytochrome P-450 and heme metabolism. Comparisons are made between metabolism of selenium and sulfur in plants, animals, and humans. At greater selenium intake levels acute poisoning occurs when high-selenium-content (10,000 ppm Se) plants are consumed in large quantities. The toxic reactions were first manifested in cavalry horses near Fort Randall, Nebraska, in the 1860s.

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