Method: In this study, serum levels of selenium in 329 Iranian healthy people in Tehran were determined using hydride generation and flame atomic absorption spectroscopy. The samples were divided into four age groups of 0-2, 2-4, 4-16 and older than 16 years.

Results: All 329 individuals were healthy. Their past history and physical examination didn’t show any diseases. None of the studied individuals was undernourished. In this study serum se level in 0-2 year old children was 63.14±10.58µg/l with no significant difference between sexes.

The mean serum se level for age 2-4 years was 77.95±17.10.17±181;g/l. There was a significant difference between sexes (p<0.005) with a higher concentration in females. In 4-16 year old subjects the mean se level was 85.61±177;12.83±181;g/l with no significant difference between sexes. In adults (over 16 y) the mean se level was 100.34±177;12.92±181;g/l. There was a significant difference between sexes (p<0.005), with high concentration of se in men. The daily intake of se was calculated as 62.19±181;g in the female and 67.6±181;g in the male population. Considering the RDA, it seems that the normal Iranian diet has an adequate content of se for both genders.

Conclusion: Results of normal ranges of this studying compare of others demonstrated some differences are probably related to ethnic and geographical differences. Finally, our results can be considered as source of reliable local reference for use in our country laboratories.

selenium, normal range, serum level