What is Claimed Is:

1. A composition comprising isolated 5’ methylselenoadenosine and a pharmaceutically acceptable carrier, wherein the composition further comprises isolated leucyl-valyl-selenomethionyl-arginine (LVSe-MR), and isolated selenoadenosyl homocysteine.

2. The composition of claim 1, containing the isolated 5’ methylselenoadenosine in a concentration ranging from 500 ppb to 1 ppm.