Safe Dose of Selenium per Day

The safe upper limit for selenium is 400 micrograms a day in adults. Anything above that is considered an overdose.

Group

Recommended Dietary Allowance
Children 1-3  20 micrograms/day
Children 4-8  30 micrograms/day
Children 9-13 40 micrograms/day
Adults and children 14 and up 55 micrograms/day
Pregnant women  60 micrograms/day
Breastfeeding women 70 micrograms/day

https://www.webmd.com/a-to-z-guides/supplement-guide-selenium#1