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Selestro™ is all-natural support for women before, during, and after menopause. By combining soy isoflavones from Novasoy® (guaranteed to contain all forms of genistin, daidzin, and glycitin) and standardized black cohosh extract in one formula, Selestro not only helps relieve symptoms such as hot flashes, occasional sleep disturbances, and mild mood swings, but also provides support for breast, cardiovascular, and bone health.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS: Take one tablet one to two times daily or as directed by your healthcare practitioner.

WARNING: Do not use if pregnant or nursing.

CAUTION: Consult your healthcare practitioner before use if you are taking medication or have a liver disorder or develop symptoms of liver trouble. Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial flavors, and preservatives.

The Novasoy® logo is a registered trademark of ADM.



Metagenics®

Genetic Potential Through Nutrition



Selestro™

All-Natural Menopausal Relief*

Dietary Supplement

Vegetarian

60 TABLETS



Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	% Daily Value
Soybean Concentrate†..... 100 mg.....	*
Total Isoflavones 40 mg.....	*
(containing all forms of genistin, daidzin, and glycitin)	
Black Cohosh Root & Rhizome..... 80 mg.....	*
Extract (<i>Actaea racemosa</i> †) [standardized to 2.5% (2 mg) total triterpene glycosides expressed as 27-deoxyactein]	

*Daily Value not established.

Ingredients: Microcrystalline cellulose, soy isoflavones (soy), black cohosh extract, stearic acid, cellulose, silica, sodium starch glycolate, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan). Contains: soy.

Developed and Manufactured By: **METAGENICS, INC.**
Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673
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†Derived from non-genetically engineered, identity-preserved soybeans

††Also known as *Cimicifuga racemosa*.

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