

Royal Maca® Powder

Maca root is a cruciferous plant native to the highlands of Peru. It has been used for thousands of years by native Peruvians living at 14,000 feet above sea level to promote vitality, sexuality, and hormone balance in men and women.

Supports

- Libido, reproductive function and sexual function in men and women
- Hormone balance throughout a woman's life, including lower pain in regular periods, relief for PMS, relief of all menopausal symptoms (including hot flashes and night sweats) and support for post-menopausal energy and sexual function*
- Supports energy, libido and sexual function in older men and women
- Healthy functioning of the endocrine system, including the adrenals, thyroid, and pancreas*
- Promotes bone strength*
- Supports collagen production (hair, skin, nails, muscles)*
- Increases neurotransmitter hormone receptors on cells for mood, sleep, and cognitive function*
- Aids in bone and muscle repair*

Directions for Use

Sensitive or petite: Start with 1/12-1/6 tsp daily.

For energy and well being: 1/4-1/3 tsp daily.

Men over 50: 1/2-1 tsp daily. Some may find it more effective to take 1 tsp every other day.

Young and Perimenopausal Women: 1/3 tsp daily. Increase to 1/2 tsp for Hot Flashes.

Women with no period: Start with 1/2 tsp daily for 1 week. If symptoms are *not* 80% better, increase to 3/4 tsp for another week and evaluate again.* Keep increasing *if necessary* until dosage is correct. If symptoms get worse, you are taking too much. If taking HRT or estrogenic herbs, *stop* for 4 weeks before starting Royal Maca® to avoid an increase in hot flashes. Meanwhile, to control symptoms, take 1/2-1 tsp of Royal Camu® 3 times daily. May be taken with progesterone-only birth control pills.

Warning: consult physician if pregnant or nursing. Do not use with Tamoxifen® or Lupron®. Do Not Refrigerate.

Product Specifications

Bottle size: 175g / 57g

Serving size: 1/3 teaspoon

Servings per bottle: 210 / 67

One serving of **Royal Maca® powder** contains: 833 mg certified organic **Royal Maca®** root powder concentrate and 2.49 mcg Selenium (from Maca root)

How to Order

Order online at www.wholeworldbotanicals.com or call toll free 877-885-5517.

