

Royal Maca® for Perimenopause

Definition of Perimenopause: a time period of several to many years when progesterone levels drop (estrogen dominates) in the first phase of perimenopause and estrogen levels drop in the second phase.

This formula contains magnesium and zinc. Magnesium has been shown to help with water retention and muscle spasms while calming the nervous system. Zinc has many health benefits including support of progesterone levels for better hormone balance.

Supports

- Women of all ages with estrogen dominance (including endometriosis)*
- Women with heavy, painful periods*
- Women with a family risk for breast cancer*
- Women with an autoimmune condition who may be at higher risk for developing breast cancer*

Directions for Use

Sensitive or Petite women: Take 1/2-1 capsule daily.

PMS*: Take 2 capsules daily.

Hot Flashes (women with period)*: Take 3 capsules daily.

Women with no period*: Take 3 capsules daily for menopausal symptoms. Increase, *if needed*, by 1-2 capsules a day every 5 days until hot flashes and other symptoms are *80% better*.

If taking estrogen, estrogenic herbs, or precursor hormones, *stop* 4 weeks prior to taking Royal Maca® to avoid an increase in hot flashes. Meanwhile, to control symptoms, take 3-5 capsules of Royal Camu® 3 times daily. May be taken with progesterone-only birth-control pills.

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

Product Specifications

Serving size: 2 capsules

Bottle size: 60, 120, 180 vegetarian capsules

Servings per bottle: 30, 60, 90

One serving of **Royal Maca® for Perimenopause** contains: *Lepidium meyenii/peruvianum* (Royal Maca® root 2:1 powder concentrate) 800mg, Selenium 1.99mcg (naturally occurring in Maca root), Magnesium Glycinate Chelate 220mg, Zinc Glycinate Chelate 8mg.

How to Order

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

