

One serving (one cup) three days a week of raw (or very lightly steamed) cruciferous vegetables is recommended to work right along with **Super Royal Maca for Men™** to reduce your risk for prostate cancer.

DIRECTIONS FOR USE:

For long-term support:

2 capsules, once a day.

For same-day results:

4-6 capsules a day. This amount may be taken up to three times per week or more, depending on the individual.

Consult your doctor, practitioner and/or pharmacist for any health problem and before using any supplements or before making any changes in your prescribed medications. Not recommended for men taking Lupron® for treatment of prostate cancer.

Men with high blood pressure and not on medication should start with one capsule daily for 2 months then increase to 2 caps daily for 2 months.

All of Whole World Botanicals' Royal Maca products are Fair Traded. This means that we buy the farmers' organic, sun-dried maca roots at a Floor Price or at the top of the Market Price—which ever is higher. The Floor Price was decided by the maca farmers themselves who have been our partners for 15 years.

SUPPORT YOUR PROSTATE HEALTH

Maca root, DIM and zinc have all been shown in animal studies to support healthy prostate functioning. Additionally, **Whole World Botanicals®** has another product, **Royal Lucraco Plus™**, which has been tested in clinical practice with Peruvian men and found to be highly effective. It supports healthy urination function and a healthy PSA level.

All Royal Maca products including **Royal Maca® for Men with DIM**, **Royal Maca® for Men**, **Royal Maca® for Vitality & Sexuality**, and **Royal Maca® Powder** may be taken in combination with **Royal Lucraco Plus™**.

OTHER PRODUCTS FOR MEN'S HEALTH

Whole World Botanicals offers other products highly beneficial to men's health. These may also be taken in combination with any Royal Maca product.

Royal Camu®, made from Camu-Camu fruit containing more natural Vitamin C than any other plant in the world, is highly beneficial for immune system health, a positive mood, for energy and to support the heart, adrenal glands and liver function.*

Royal Break-Stone™ for liver-gallbladder support and kidney bladder support compensate for weaknesses in these organs and promote optimal functioning of these organs.*

Royal Cat's Claw™, supports the immune system & heart health. It reduces the stickiness of the blood (reduces platelet aggregation) and modestly lowers blood pressure. Studies suggest that it promotes the prevention of amyloid plaque in the brain.

Royal Desmodium™ reduces minor pain from sports injuries. It takes muscles out of spasm and reduces swelling.

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SUPER ROYAL MACA for MEN™ (with DIM & zinc)



- **Promotes Healthy Prostate Gland***
- **Supports Sexual Function***
- **Increases Stamina***
- **Helps reduce the risk for prostate cancer**

*These statements have not been evaluated by the F.D.A. This product is not intended to prevent, diagnose, or treat any disease. This information is for educational use only.



Super Royal Maca for Men™

Each capsule of **Super Royal Maca for Men™** contains 100mg of DIM (diindolylmethane), 400mg of Certified Organic Flash-cooked Maca and 6mg of elemental Zinc from zinc aspartate.

Super Royal Maca for Men™ contains the same pre-cooked, certified organic, fair traded Peruvian Maca as our other Maca products, with the addition of zinc aspartate and DIM (known as diindolylmethane). Now considered the phytonutrient supplement for cancer prevention and health promotion, DIM super charges our new **Super Royal Maca for Men™**.

The zinc (in glycinate form) has been added to help maintain testosterone level and to increase the number of testosterone receptors.

Peruvian Maca Root is considered a premier adaptogenic Organic, sun-dried, pre-cooked Peruvian maca root is considered a premier adaptogen which improves adrenal function, balances sex hormone levels and increases the number of testosterone receptors in men who take it. Studies have also shown that it reduces the amount of DHT (dehydrotestosterone) made by a man's body. This is the type of testosterone that causes hair loss.

WHAT IS DIM?/INDOLE-3 CARBINOLE?

Diindolylmethane (DIM®) for short, is the principal breakdown product of indole-3 carbinole (I3C), the phytochemical found in cruciferous vegetables like cabbage, broccoli, and watercress. DIM has been shown in scientific studies to reduce the risk of prostate cancer and estrogen-dependent cancers by helping the body to keep a better balance between "good estrogen" (2 hydroxy-estrone) and "bad estrogen" (16-alpha,hydroxy-estrone). Since estrogen and testosterone metabolism are closely related, and men's bodies also make estrogen, a high level of "bad estrogen" will also indicate an increased risk for prostate cancer.

Super Royal Maca for Men™ Balances Hormone Levels

Traditionally, Maca has been used to reverse symptoms of andropause, which involves a decline in men's hormone levels as they age. In addition, DIM promotes healthy estrogen metabolism and improves symptoms of estrogen-related imbalances. According to Zellig (Townsend Letter, August 2001), DIM also helps maintain a healthy testosterone level in older men.

Most men as they age have a lower level of physical activity and a more sedentary lifestyle than they did in their 20's, leading to an elevated estrogen level associated with a slowing down of sexual function and prostate enlargement.

A 2001 study of Seattle men showed that the consumption of 3 or more servings of cruciferous vegetables a week can reduce prostate cancer risk by almost half.

(Townsend Letter, August 2001)

Scientific research suggests that DIM, derived from cruciferous vegetables is shown to have the same benefits for health as diligent eating of raw cruciferous vegetables. DIM is also known as a powerful free-radical scavenger and anti-oxidant.



Certified Organic Maca

Our Maca Roots are traditionally cooked to produce a concentrated bioavailable & easily digestible powder.

One study reported by the Journal of Nutrition, (April 2003) supports DIM's ability to inhibit the growth of PC3 prostate cancer cells and induce apoptosis, or the breaking apart of cancer cells.

Other relevant articles include:

- T. H. Carter, et. al. "Diindolylmethane Alters Gene Expression in Human Keratinocytes In Vitro." J. Nutr., November 2002
- Y.C. Chang, et. al. "Cytostatic and antiestrogenic effects of 2-(indolyl-3-methane)-3,3'-diindolylmethane, a major in vivo product of dietary indole-3-carbinol." Biochem. Pharmacol. Sept. 1999.
- G. L. Firestone and L. F. Bjeldanes. "Indole-3-Carbinol and 3-3'-Diindolylmethane Antiproliferative Signaling Pathways Control. . ." J. Nutr., July 2003
- Hien T. Le, et. al. "Plant-derived 3,3'-Diindolylmethane Is a Strong Androgen Antagonist in Human Prostate Cancer Cells." J. Biol. Chem., June 2003.

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Super Royal Maca for Men™ for Sexual Function & Increased Libido

A study published in *Urology* April 2000 demonstrates greatly increased sexual activity (three times more) in male mice that were fed maca root extract compared to the control group. A second experiment demonstrated that the maca root extract reversed erectile dysfunction in rats.

Erectile Dysfunction

"Basically my sex life with my wife stopped 8 years ago. I just resigned myself to 'old age.' But my wife suggested I try Super Royal Maca for Men™ and we've been on our second honeymoon for the past month!"

—69 year old man from LA

Peruvian Maca— Traditional Use

Peruvian men have used Maca for thousands of years. The Inca kings used Maca to increase armies and for sexual pleasure (and increased fertility) of the Incan nobility.

Stress

Super Royal Maca for Men™ has the added benefit of helping with stress by maintaining energy levels throughout the day.

"I get really stressed out being in front of a computer terminal all day Royal Maca® keeps me feeling good and energized. I just take two capsules (1/3 tsp.) a day."

—32 year old programmer from NYC

Sports Stamina

The Maca in **Super Royal Maca for Men™** helps maintain stamina in athletic activities and supports an overall sense of well being.

"I started using Royal Maca for Men™ about a year ago. I feel a great sense of well being from it and I've cut down on my running time significantly."

—46 year old Naturopathic Doctor from North Carolina

