

## Success Stories from Women Using Royal Maca®

### Menopausal Symptoms

"I had a hysterectomy with one ovary removed when I was 43. I went into menopause and suffered from intense hot flashes and depression for several years. HRT was not an option for me because my mother had died of breast cancer. I tried the usual menopause herbal remedies and nothing helped until I started using ROYAL MACA®. My hot flashes and depression were gone within ten days and have never come back."\*

—Edith G., New Jersey

### PMS

"When I turned 40 I started having a lot more PMS. I got migraine headaches around my period, and had breast tenderness and depression in the second half of my cycle. I started taking two ROYAL MACA® capsules a day and in the same cycle my symptoms disappeared. My mood is stable now. I haven't had any more migraines, and my menstrual cramps are much milder."\*

—Maria M., New York

## ROYAL MACA PRODUCTS FOR WOMEN



ROYAL MACA® is available in pure powder concentrate and vegetarian capsules.

WWB provides superior dosing support for our customers. If you have any questions after purchasing a Royal Maca® product, call the Product Educator telephone number on the product label.

Our capsules are SLS-free and contain no flow agents, no fillers, no chemicals, no irradiation, and no fumigation.

## Practitioners Speak Out on the Success of Royal Maca®

"Many of my menopausal patients are using ROYAL MACA® and are doing well. I don't recommend genistein supplements made from soy, since research has indicated a stimulating effect on breast cancer cells."\*

—Alan Warshowsky, OB/GYN Former Director of Women's Health at the Continuum Center for Health & Healing, Beth Israel Hospital, NY

"I have determined ROYAL MACA® to be phenomenally effective for controlling the menopausal symptoms of my patients."\*

—Cynthia Watson, MD, Holistic Physician, Santa Monica, CA

### FAQ'S

**Q.** What's the difference between the Royal Maca Powder® and the Capsules?

**A.** The same Royal Maca powder concentrate is found in the capsules but some women prefer taking the powder (they like the taste) and it's more economical. If you are petite or sensitive and need a very small serving, it's easier to "dose" with the capsules.

**Q.** Do I need to take Royal Maca® every day for it to be effective or should I take breaks?

**A.** Despite some of the information on the Internet, it's important to take every day. If after some months or a year the product is not as effective as before, you can take a break for 2 days, and then reduce your dosage slightly.

**Q.** Is it safe to take if I have a family history of breast cancer?

**A.** Yes, in fact some doctors think it might actually reduce your risk of breast cancer. Royal Maca® Plus with DIM is formulated specifically for women with a family history of breast cancer or who have an autoimmune condition (and therefore a higher risk of breast cancer). **Note:** If you already have breast cancer, consult your doctor. Not to be taken by women on Tamoxifen® or similar estrogen-blocking drugs.

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## CERTIFIED ORGANIC ROYAL MACA®



*Lepidium meyenii/peruvianum*

## Peri-Post Menopausal Women

*Looking for a Totally Effective Answer?*

Premium Quality  
**ROYAL MACA®**  
Certified Organic, Sundried,  
Flash-Cooked, Fair Traded,  
Bioenergetically Grown.

The Peruvian botanical that  
helps your body make its  
own hormones\*

Recommended by medical doctors  
for women's hormone balance since 1998.

\*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.

# What is ROYAL MACA®?

**Royal Maca** Whole Root Concentrate Capsules and Powder are made from organic Maca Roots, a cruciferous root vegetable that grows in the Peruvian Andes Mountains. **Royal Maca** helps your body produce a better balance of your own hormones.\*

**Royal Maca** is an adaptogenic-like botanical that works to balance the entire endocrine system.

*It provides relief for PMS, perimenopausal & menopausal symptoms. It also helps post-menopausal women with their sexual function and comfort, urinary frequency and sleep issues.\**



*Dried Maca Roots*

## How Maca Root Works

Recently Albany Medical College researchers discovered that Maca Root helps the body make more Insulin Growth Factor-1 (IGF-1), the only food on the planet known to have this effect. IGF-1 is very important for hormone balance, glucose metabolism & bone strength.

In 1960, a Peruvian biologist, Dr. Chacón, conducted the first studies on Maca. Experiments with male and female rats led her to conclude that Maca acts on the hypothalamus and the pituitary glands, which together provide the precursor hormones to the endocrine glands, including the adrenals, thyroid, ovaries, testes, and pancreas.

**All research led her to conclude that the Maca root supports healthy estrogen, progesterone, and testosterone levels in mammals.\***

## Some of the Major Health Benefits of Royal Maca Products

### Relieves:

- **PMS Symptoms\***
- **Hot Flashes / Night Sweats\***
- **Mood Swings\***

### Supports:

- **Vaginal Lubrication\***
- **Sexual Vitality & Energy\***
- **Bone Strength through Improved Hormone Balance\***
- **Healthy Thyroid Function\***



### Certified Organic Maca

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

Our Maca is vegan, gluten-free, is not irradiated and has no excipients.

## Comparing Royal Maca with other Menopause Herbs & Formulas

Phyto-estrogenic herbs like black cohosh & soy products add a plant hormone to your body. Many women do not notice a significant reduction in their symptoms with these formulas.

## Contraindications for taking Royal Maca

Should not be combined with any form of estrogen, including HRT, phytoestrogenic herbs such as black cohosh, motherwort, red clover, etc., or with estrogen precursors such as pregnenolone, DHEA. It usually does not combine well with ginseng and other adaptogenic botanicals.

Stop these other botanicals and hormones for four weeks before starting to use Royal Maca .

## How to Ease the Transition from HRT and other Products to Royal Maca

In our experience, taking Royal Camu 3 times a day (1/2 tsp. to one tsp. or 3–5 capsules) on an empty stomach is the most effective way of keeping down the number and intensity of hot flashes and keeping spirits bright while you are going through the **4 week transition before starting Royal Maca®**.

**Warning:** Royal Maca is not for women with breast cancer taking Tamoxifen or another estrogen-blocking drug. If you have breast cancer or have had breast cancer and are not taking this drug, consult your physician about using Royal Maca Plus with DIM™, or you can use Royal Camu for hot flashes and mood on a long term basis instead.

Women who are at high risk for getting breast cancer based on their family history or because they have an auto-immune disease may want to consider changing over to Royal Maca Plus with DIM™.

## Take a break from Royal Maca®?

**Not if you have hot flashes!** If the product is working really great for your hot flashes and then stops being so effective, try cutting your dose back a little. Also try this if you suddenly start getting “side effects.” That means you’re taking too much. If your dose is so small that it’s hard to cut back, then try taking every other day or take 5 days a week.

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