

## Suggestions for Use:

Take one capsule twice a day with meals. A teaspoon of healthy fat (butter, olive oil, flaxseed oil, or coconut oil) on vegetables or salad or a tablespoon of whole fat kefir, yogurt, nut butter, etc. for proper assimilation of DIM.

This dosage will reverse **PMS symptoms**, within one cycle and substantially reduce your risk of getting breast cancer. This dosage is also effective for **mild to moderate menopausal symptoms** and if dosage is right will greatly reduce symptoms within one week.

## What If Hot Flashes Still Continue?

Some women with more severe symptoms (**very frequent hot flashes and night sweats**) may need to **add** one or two more capsules (1/6-1/3 tsp. powder) daily of regular **Royal Maca®** as needed until symptoms are 80% improved. These capsules may be taken with breakfast or the dose may be divided.

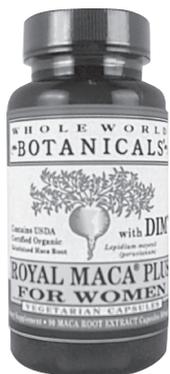
## Don't Take Too Much!

**Highly sensitive or petite women** may only need one capsule per day. Some may prefer to start with ½ capsule a day. Too much for you (this is highly individual) may actually increase hot flashes.

**Young Women with Regular Periods:** Take one capsule twice a day with food.

Each capsule of **Royal Maca Plus for Women™**

contains 100mg of DIM (diindolylmethane) & 400mg of Certified Organic Pre-cooked Maca.



## Eat Well And Take Your Supplement

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

## Here are Some Delicious Serving Ideas:

- **Cole Slaw** made from RAW red or green cabbage.
- **Radishes** – a grated array in the center of a salad.
- **Kale or Collard Greens** – raw vegetable juice combined with apple juice.

## Watercress Salad

One cup of well rinsed watercress, lightly steamed cauliflower, broccoli or Brussel sprouts served with a drizzle of olive oil and freshly squeezed lemon.



Whole World Botanicals, Inc. practices Fair Trade with the maca farmers and is a member of Co-op America, part of a growing movement of environmentally conscious consumers and businesses.

**WHOLE WORLD BOTANICALS, INC.**  
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WHOLE WORLD  
BOTANICALS®

# ROYAL MACA PLUS for WOMEN™ with DIM



*“One Product Does it All!”*

- **Helps reduce the risk of breast and cervical cancer\***
- **Eliminates (or greatly reduces) hot flashes, vaginal dryness, and all other menopausal symptoms\***
- **Promotes libido\***
- **Eliminates PMS symptoms in only one cycle\***

\*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.

**Royal Maca Plus For Women™** contains 100mg. of DIM and 400mg. of Certified Organic Pre-cooked maca powder. It makes a powerful difference by helping increase the “good estrogen” your body makes (through the ingredient DIM) and helping improve your estrogen-progesterone balance (through Certified Organic, Pre-cooked maca powder).

### **What else can I do to maintain the health of my breasts and other estrogen sensitive organs of the body?**

Aerobic exercise several times a week and a diet high in cruciferous vegetables is also helpful in shifting your estrogen metabolism from high risk to low risk (anti-cancer). Avoiding the xeno-estrogens in meat and dairy products, car exhaust, pesticides, herbicides, and plastics is also important.

### **What is DIM/indole 3-carbinol?**

Diindolylmethane (DIM, in short) is the principal breakdown product of indole 3-carbinol (I3C), the phytochemical found in cruciferous vegetables like cabbage, cauliflower, broccoli, brussel sprouts, kale, collards, mustard greens, radishes, watercress, and turnips. DIM, has been shown in scientific studies to reduce the risk of breast, cervical and other estrogen-driven cancers cancer by helping the body to make a better balance of the “good estrogen” (2-hydroxy-estrone) compared to the “bad estrogen” (16-alpha-hydroxy-estrone).\*

**Royal Maca Plus for Women™ with DIM** is an ideal product combining the hormone-regulating effects of maca with the estrogen metabolite regulating effect of DIM. It relieves PMS and painful periods, and alleviates peri-menopausal, menopausal and postmenopausal symptoms. Maca & DIM together help your body make healthy estrogen metabolites and a healthy progesterone level.\*\* Progesterone is important for healthy hormonal function and helps provide protection against cell proliferation in estrogen-sensitive tissue.

There are many scientific studies which show that indole 3-carbinol and DIM can improve the ratio of healthy estrogen metabolites produced in 87% of women.

### **Who can benefit from taking Royal Maca Plus with DIM?**

Most women experiencing hormonal imbalances associated with menstruation, PMS, perimenopause, menopause or postmenopause may benefit from **Royal Maca Plus for Women™** with a family history of breast cancer or other estrogen-dependent cancers and women who have been tested and have learned that they have an unhealthy ratio of “good estrogen” to “bad estrogen” will be especially interested.\*\*

**Warning: There are no studies to indicate that birth control pills will continue to be effective if taken with this product. Women who have a condition requiring a physician’s care should consult their healthcare practitioner before using this product.**

There are more than 100 published articles related to the topic of indole-3-carbinol, and its breakdown product DIM (diindolylmethane) and their effects on cell growth. Below three are listed.

- 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.
- Kim C. Hong, G.L. Firestone, L.F. Bjeldanes. “3,3’-Diindolylmethane (DIM) induces a G(1) cell cycle arrest in human breast cancer cells. . .” Carcinogenesis Aug. 2002.

\*\*One study of post-menopausal women conducted at a Peruvian University demonstrated a reduced level of LH in postmenopausal women taking maca compared with the control group. In postmenopausal women a lowered LH level is associated with an increased progesterone level. An overwhelming majority of these women experienced a great reduction in hot flashes, irritability, and all of them experienced an absence of depression after taking pre-cooked organic maca for four weeks.

### **How will I know that this product is really working to improve my estrogen?**

Most women rely on how they feel as their guide for their health. But if you want scientific verification of the health of your estrogen metabolism, we suggest you obtain a urine test, before you start taking the product which will provide you with your baseline level of “healthy” 2-hydroxy-estrone and “unhealthy” 16-alpha-hydroxy-estrone. After taking the **Royal Maca Plus for Women™** for 8 weeks, you can get re-tested to check the level of these estrogen metabolites.

**For more information, call 888-757-6026.**

### **The advantages of combining Royal Maca® with DIM**

- More cost-effective than buying them separately.
- Synergistic effects of
  - **Royal Maca®** –helps balance progesterone and estrogen levels.
  - **Dim** –helps improve your body’s ratio of “good estrogen metabolites” to “bad estrogen metabolites.”



#### **Certified Organic Maca**

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

**Royal Maca® is a Fair Traded product**

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