



# Maca

Herbal Supplement

100 capsules • 500 mg

**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.  
• KEEP OUT OF REACH OF CHILDREN.

## SUGGESTED USE:

As a dietary supplement, take two capsules  
one to two times per day with water.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

| Amount Per Serving              |
|---------------------------------|
| Maca (Lepidium meyenii) (tuber) |
| 1 g*                            |

\*Daily Value not established.

Other ingredients: Gelatin, may contain one or  
more of the following: microcrystalline cellulose  
(plant fiber), magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

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