

Suggested Use

Adults take 1 tablespoon daily.
Add to a smoothie or your favorite milk. Mix well and enjoy!

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place.

meet your herbs[®]

Track the purity, integrity and potency of this product by entering the ID# at GaiaHerbs.com

Need plant-based fuel to power your life?

Maca Root: Peruvian Maca promotes the energy and stamina you need throughout your day*

Rhodiola: This adaptogen naturally supports endurance and recovery*

Cacao Ginger: 100% whole-plant ingredients used to create a delicious taste with no added sugar or flavorings.

Find recipes at GaiaHerbs.com/Recipes

Gluten-free Vegan

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



maca**boost**[®]

ENERGIZE YOUR SMOOTHIE*

Plant-based performance enhancer*

REAL CACAO GINGER



DIETARY SUPPLEMENT NET WT 8 oz (227 g)

Supplement Facts

Serving Size 1 Tablespoon (7 g)
Servings Per Container About 32

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	25		Organic Gelatinized	5,144 mg	†
Total Carbohydrate	5 g	2%*	Maca root (<i>Lepidium meyenii</i>)		
Dietary Fiber	2 g	7%*	Siberian Rhodiola root	118 mg	†
Total Sugars	2 g	†	extract † (<i>Rhodiola rosea</i>)		
Protein	1 g	2%*	Cacao Ginger	1,738 mg	†
Iron	1 mg	6%	Proprietary Blend		
			Organic Raw Cacao bean (<i>Theobroma cacao</i>),		
			Organic Ginger root (<i>Zingiber officinale</i>)		

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

† = Ecologically harvested

Manufactured for: Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

⚠ WARNING: Consuming this product can expose you to lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

