

SUGGESTED USE

Adults take 1 teaspoon daily. Mixes easily in liquid. Add to a smoothie, juice or milk of your choice.

Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed for your protection. Store in a cool, dry place. Keep away from heat and direct sunlight.

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MACA POWDER

Prized for centuries, Maca root is a caffeine-free, edible herbaceous plant that has been traditionally used to support healthy energy and stamina.*

Our Maca Powder contains Organic Maca root, which is ethically harvested by our trusted partners, high in the Peruvian Andes. After harvest, our Maca goes through a process known as gelatinization, which uses heat and water to make our Maca easier to digest.*

Maca can help you maintain peak performance at home, work and play.*

Find easy & delicious recipes using *Maca Powder* at GaiaHerbs.com/Recipes



gaia[®]
HERBS



GELATINIZED PERUVIAN Maca Powder

For athletes, weekend warriors
& the physically active*



HERBAL SUPPLEMENT | NET WT 8 oz (227 g) | VEGAN & GLUTEN-FREE

Supplement Facts

Serving Size 1 Teaspoon (3.3 g)
Servings Per Container About 69

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Calories | 10 | |
| Total Carbohydrate | 3 g | 1%* |
| Dietary Fiber | <1 g | 3%* |
| Total Sugars | 1 g | † |
| Organic Maca root (<i>Lepidium meyenii</i>) | 3.3 g | † |

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

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

Certified Organic by Oregon Tilth

PRODUCT OF PERU

* 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.

⚠ 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.



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