

Supplement Facts

Serving Size: 1/3 tsp. (833mg)

Servings Per Container: 210

Bottle contains 70 tsp.

Amount per Serving	% Daily Value*
Total Carb. 0.55g	<1%
Selenium 2.49mcg	5.6%
Royal Maca Root (2:1) Concentrate 833mg	▲

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

▲Daily value not established.

Certified Organic by BIO LATINA:
GROWN & PROCESSED in PERU. Sun-dried.
Royal Maca® powder concentrate is prepared
by a flash heat-extrusion process called
Gelatinization. Native Peruvians NEVER eat
raw maca. Non-GMO. Gluten-free. Vegan. No
additives. Not Irradiated. Fair Traded.

rev. 12-14



W H O L E W O R L D BOTANICALS®



*For Vitality,
Libido &
Hormone Balance.**

Lepidium meyenii / peruvianum

ROYAL MACA® SUPERFOOD

Dietary Supplement • 175g (6.17oz.) Maca Root

DIRECTIONS FOR USE:

Do Not Refrigerate

Sensitive or petite people: Start with 1/12-1/6 tsp. daily.

For energy & well being: 1/4-1/3 tsp. daily.

Men over 50: 1/2-1 tsp. daily. Some may find it more effective to take one tsp. every other day.

Young & Perimenopausal Women: 1/3 tsp. daily. Increase to 1/2 tsp for Hot Flashes. Women with no period: Start with 1/2 tsp. daily for 1 week. If symptoms are NOT 80% better, increase to 3/4 tsp. for following week and evaluate again.* Keep increasing IF NECESSARY until dosage is correct. If symptoms get worse, you are taking too much! If taking HRT or estrogenic herbs, STOP for 4 weeks before starting Royal Maca® to avoid an increase in hot flashes. Meanwhile to control symptoms, take 1/2 -1 tsp. of Royal Camu® 3x/daily. May be taken with progesterone-only birth control pills.

Warning: Consult physician if pregnant or nursing. Do not use with Tamoxifen® or Lupron®.

*These statements have not been evaluated by the FDA. This product is not intended to treat, prevent, or cure any disease.

Manufactured by:

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