

Supplement Facts

Serving Size: Two (2) capsules

Servings Per Container: 30

Amount per Serving	% Daily Value*
Total Carb. .66g	<1%
Selenium (from maca root) 1.99 mcg	5.2%
Magnesium Glycinate Chelate 220mg	68.75%
Zinc Glycinate Chelate 8mg	53%
Royal Maca Root (2:1) Concentrate 800mg	▲

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

▲ Daily Value not established.

Other ingredients (Capsules): Cellulose, purified water.

Certified Organic by BIO LATINA, Lima Peru.
Gluten-Free. No additives. Not Irradiated. Royal
Maca® is Fair Traded. Royal Maca® powder
concentrate is prepared by a proprietary
heat-extruded process called Gelatinization.

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W H O L E W O R L D
BOTANICALS®



Made with
Certified Organic
Maca Root Concentrate

Lepidium meyenii / peruvianum
VEGETARIAN CAPSULES

ROYAL MACA®
for PERI-MENOPAUSE

Dietary Supplement • 60 MACA ROOT Concentrate Veg. Caps (500mg)

DIRECTIONS: (Don't Refrigerate)

Sensitive/petite: Take 1/2-1 cap daily.

PMS*: 2 caps daily. **Hot Flashes**
(women with period)*: 3 caps daily.

Women with NO PERIOD*: Take
3 caps daily for menopausal symptoms.
Increase, if necessary, by 1 to 2 caps a
day every 5 days until symptoms are
80% better.

If taking estrogen, estrogenic herbs, or
precursor hormones, STOP for 4 weeks
before starting to take Royal Maca®
to avoid an increase in hot flashes.
Meanwhile to control symptoms take
3-5 caps of Royal Camu® 3X/day.
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 F.D.A. This product is not intended to
treat, prevent, or cure any disease.

Manufactured by:
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