

Supplement Facts

Serving Size: Two (2) capsules
Servings Per Container: 60

Amount per Serving	% Daily Value*
Total Carb. .52g	<1%
Selenium (from maca root) 1.99mcg	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 • 120 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®.

* 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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