



SUPERFOODS

BY **MRM** NUTRITION

ORGANIC MACA ROOT POWDER



LEGENDARY ADAPTOGENIC ROOT

NET WT. 8.5 OZ (240 G)



Directions: Add 1 serving to water, juices, smoothies, and other recipes.

Nutrition Facts

40 servings per container
Servings size 2 tsp (6g)

Amount Per Serving
Calories 20

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Maca Root Powder,

UNTOUCHED nature mesmerizes me how it lives in harmony within itself; plants, animals and microorganisms, all intertwined in a sometimes chaotic yet cyclical unity. This perspective shaped my childhood and evolved into a quest for knowledge of ethnobotany (study of the relationships between peoples and plants). I'm humbled that this exploration allowed me to build a line of natural health products.

At MRM, we are inspired by nature and utilize science as a tool to learn, incorporate, support and educate what the natural world has to offer.

Respectfully, these Superfoods are the foods our ancestors thrived on, not today's foods we survive on.

Many Thanks,

Mark Olson
Founder of MRM



WHAT IS MACA ROOT?

NAME:	Maca Root, <i>Lepidium meyenii</i> , aka "Peruvian Ginseng" or "Pepperweed"
COUNTRY OF ORIGIN:	Peru
CLIMATE:	Tropics and Sub-Tropics
PLANT PART USED:	Root
NUTRIENTS:	Adaptogens, Fiber, Amino Acids, Vitamins, Minerals
ETHNOBOTANY:	Sacred crop of the Incans eaten to boost one's stamina and virility.

RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES



BAKING

DOES NOT CONTAIN

- Gluten.
- Preservatives.
- Refined Sugar.
- Sugar Alcohols.
- Animal Products.
- Fillers or Additives.
- Artificial Ingredients.

SMOOTHIE RECIPE

THE REAL MACA-RENA

Serves: 1

- 1 cup coconut water
- 2 tsp Maca Root powder
- ½ cup vegan yogurt
- ½ cup frozen mango
- ½ banana

DIRECTIONS:
Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

By Chris White
MRM Culinary Advisor

For more uses/recipes go to:
www.mrmnutrition.com/recipes

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Contains a non-toxic moisture absorber to maintain freshness. Do not eat. Store in a cool, dark, dry place.

This product is manufactured in a facility that processes other products that contain milk or egg.

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

This product is packaged by weight, not volume. Settling of contents occurs over time and cannot be avoided.

Manufactured for MRM®
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Certified Organic by ECOCERT SA

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2010/02