

Suggested Use

Adults take 1 teaspoon daily. Dissolves easily in liquid. Add to a post-workout smoothie, juice, or sprinkle on a chai latte!

Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep 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.

meet your herbs[®]

Track the purity, integrity and potency of this product by entering the ID# at GaiaHerbs.com

Power your life with pure plant energy!



Since the days of the Inca Empire, Maca has been used as a caffeine-free, plant-based

performance enhancer.* It has traditionally been used to promote energy and vitality, and support a healthy libido for men and women.* Our Maca is steam and pressure extracted using a process known as gelatinization, which removes the starch and provides Maca which is concentrated and easily digested.*

gaia
HERBS

GELATINIZED

maca
powder



Supports healthy energy & stamina*

Vegan. Organic.
Gluten-free. Non-GMO.

DIETARY SUPPLEMENT

NET WT 8 oz (227 g)

Supplement Facts

Serving Size 5 grams (1 tsp.)
Servings Per Container About 45

Amount Per Serving

Calories	15
Organic Maca root ▲ (<i>Lepidium meyenii</i>)	5 g†

† Daily Value not established

▲ = Certified Organic Ingredient

Manufactured for:
Gaia Herbs, Inc.
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www.gaiaherbs.com

Certified Organic by Oregon Tilth
Product of Peru

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Want to have some fun with your Maca? Find easy and delicious recipes using *Maca Powder* and share them with friends at Gaia's recipe page GaiaHerbs.com/Recipes

* The statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

