

Forever Multi-Maca

Description and Purpose

Maca, also known as *lepidium meyenii*, is an annual plant that is cultivated in the Peruvian central highlands. The edible root, which resembles a radish, is a staple food for the local population.

Maca has been highly regarded for over 2,000 years in Peru. According to legend, the Inca warriors ate maca for strength and endurance before going to battle. The Spanish conquistadors called it the 'sex herb of the Incas'. Today it is known as 'Peruvian ginseng'. Modern studies suggest that maca may promote libido, sexual potency and energy.

Women in South America have also used maca for thousands of years to help maintain their stamina, and prevent fatigue. Peruvian women begin using maca at the age of 3, and remain strong, fertile and productive, maintaining immense stamina well into their later life. Maca may increase a woman's libido, and should be taken daily for best results.

The nutritional value of dried maca root is high, similar to cereal grains such as rice and wheat. It contains 60% carbohydrates, 10% protein, 8.5% fibre, and 2.2% lipids. Maca's reported beneficial effects for sexual function could be due to its high concentration of proteins and vital nutrients.

Much of maca's protein content is in the form of amino acids, which are required for many functions in the body, including sexual and fertility functions. They are also required in the manufacturing of substances that transmit signals in the nervous system and play a major role in the process of sexual arousal and physical performance during sex.

At a glance...

- Known as the 'sex herb of the Incas'
- May promote libido, stamina and energy



The main amino acids that these substances require include phenylalanine, tyrosine, and histidine - all three of which are found in significant amounts in maca. Maca also contains another amino acid, arginine, which may play a role in supporting male fertility and activity.

Multi-Maca combines legendary Peruvian maca with other powerful herbs and select ingredients, to create one of the finest supplements of its kind.

Formula Ingredients

Serving size: 2 tablets

	Amount Per Serving
Maca (root)	500mg*
Tribulus terrestris (fruit)	200mg*
Muira puama (root)	200mg*
Catuaba (bark)	200mg*
L-arginine	150mg*
Saw palmetto (fruit)	150mg*
Pygeum africanum (bark)	50mg*
Co enzyme Q-10	10mg*
Soy extract	10mg*

* Daily value not established

Other Ingredients

Microcrystalline cellulose, calcium citrate, stearic acid, croscarmellose sodium, guar gum, magnesium stearate, silicon dioxide, dextrin, dextrose, lecithin, sodium carboxymethyl cellulose and sodium citrate.

Contents

60 tablets.

Directions

Take 2 tablets daily with water.



The contents of this publication are to be used solely for education and not as a sales supplement, handout or publication for use in conjunction with a sales promotion. To avoid having this information taken out of context, you are not to copy or extract any portion of the publication without prior written permission from Forever Living Products (UK) Ltd and Forever Living Products Ireland Ltd. Consult your doctor before use of any referenced product for medicinal purposes.