



Forever Multi-Maca®

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 revered for over 2,000 years in Peru. According to legend, the Incan 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, prevent fatigue and reduce the effects of stress on their body. Peruvian women begin using Maca at age 3, and remain strong, fertile and productive, and have 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% fiber, 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

also are 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. 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.

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

Supplement Facts

Serving Size 2 Tablets	
Servings per Container 30	
Amount Per Serving	
Maca (root)	500mg*
<i>Tribulus terrestris</i> (fruit)	200mg*
Muir Puama (root)	200mg*
Catuaba (bark)	200mg*
L-Arginine	150mg*
Saw Palmetto (fruit)	150mg*
<i>Pygeum africanum</i> (bark)	50 mg*
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.

Contains Soy.

CONTENTS

60 tablets

DIRECTIONS

Two tablets every day with water.



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

PRODUCT #215

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.