

Aloe Vera Care

Independent Distributor of Forever Living Product

Forever Multi-Maca™

\$19.95

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!

• Known as the sex herb of the Incas

• May promote libido, stamina and energy

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