

## Maca Root

*(Lepidium mayenii)*

Maca root is one of the most beneficial adaptogenic herbs, (adaptogens help the body adapt to and handle stress of all kinds), and is often compared to ginseng root and the health strengthening support it gives. Maca root helps strengthen energy, and is used by athletes to increase their endurance and stamina. It benefits brain function and memory, and also helps balance and lift mood. Maca is reported to help balance hormones, strengthen libido for both men and women and benefit sperm count in men. Maca is also a balancing support for women during menstrual and postmenopausal years.

Maca is a nutritional powerhouse, with proteins, essential amino acids, vitamins, and minerals, including iron, iodine, magnesium, potassium, and calcium. This super nutrient benefits all aspects of health, including the skin and hair.

Maca is a turnip-like plant in the Mustard Family that grows in the high plateaus of the Andes Mountains. It has been cultivated for at least 3,000 years by the indigenous people of Peru and grows in high altitudes and low temperatures where many other plants won't grow. The entire plant is traditionally eaten as a food to increase overall health, energy and vitality.\*

**SUGGESTED USE:** 1/8th teaspoon (0.62 ml) 1 to 3 times a day, or as needed. Shake well.

**INGREDIENTS:** Vegetable Glycerin, Purified Water, Maca Root (*Lepidium mayenii*).

**BODY SYSTEM:** Immune, Reproductive



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

### Herbs For Your Health

Cedar Bear uses only whole plant parts, Kosher certified vegetable glycerin, and purified water. That's it! Nothing added, nothing taken away. Each herb is put through our proprietary multi-step process so the health benefits that Nature provided the herb with are fully intact. Build, balance, and support your health with Cedar Bear's herbs as the number one choice in your home.

- Tastes Great!
- Manufactured in USA
- NO Alcohol is Ever Used
- NO Preservatives
- NO Refrigeration Needed

Cedar Bear, Liquid Herbal Supplements

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