



# Maca

*Quest Maca is a high-quality herbal supplement that has a long history of use in Peru for its energy-enhancing effects.*



PRODUCT CODE: 338452

## HEALTH SOLUTIONS:

| RECOMMENDED USE                                 | DOSAGE FORM | RECOMMENDATIONS   |
|---|-------------|---|
| Traditionally used to promote a healthy libido. | Capsules    | Adults take 1 capsule three times daily. For use beyond twelve weeks, consult a health care practitioner. |

## DESCRIPTION:

Each easy-to-swallow capsule of Quest Maca contains 125 mg of Maca (*Lepidium meyenii*) root extract 4:1 (equiv. to 500 mg raw herb). This product contains no artificial preservatives, colours, or flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.

**Recommended Daily Allowance:** N/A

**Food Sources:** Maca root.

**Causes of Deficiency:** Poor diet.

**Symptoms of Deficiency:** Low energy.

**Complementary Nutrients:** A healthy diet.

## HOW IT WORKS:

This energizing plant is referred to as Peruvian ginseng, although it is not of the same family as ginseng. Maca root is a rich source of vital nutrients: proteins, vitamins, and minerals, including calcium, potassium, iodine, and iron, in their natural state, making the nutrients easily assimilated and utilized in the body. Such a nutritional powerhouse makes maca a wonderful tonic that tones, balances, and strengthens overall body functions. Chemical research shows maca root contains a chemical called p-methoxybenzyl isothiocyanate, which has reputed aphrodisiac properties.



### DID YOU KNOW...

*Maca was domesticated by the Incas about 2,000 years ago, and it has been found in archaeological sites in Peru dating back to 1600 BC.*

# Maca

## RESEARCH:

Maca root has been used traditionally by Native Peruvians since pre-Incan times for both nutritional and medicinal purposes. As a medicine, it was used to enhance fertility in humans and animals. In Peruvian herbal medicine today, maca root is reported to be used to stimulate the immune system; to treat anemia, menstrual disorders, menopausal symptoms, and sterility and other sexual disorders; and to enhance memory and energy.

## SIDE EFFECTS:

No side effects expected at recommended dosage.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking any medications.

## OTHER CONSIDERATIONS:

Consult a health care practitioner if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

|  |   |  |   |
|--|---|--|---|
|  | <p><b>Usage recommandé :</b><br/>Utilisé traditionnellement pour favoriser une libido saine.</p> <p><b>Dose recommandée (adultes) :</b> Prendre 1 capsule, trois fois par jour. Pour un usage au-delà de douze semaines, consulter un praticien de soins de santé.</p>  |  | <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN.<br/>NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p><a href="http://www.questvitamins.com">www.questvitamins.com</a><br/>1-877-929-2548</p> <p>SunOpta Inc.<br/>6 Commerce Crescent<br/>Acton, ON L7J 2K3</p> <p>A Proud Canadian Company<br/>Une compagnie canadienne fière de l'être.</p> <p>339452.01 4-4</p>  |
| <p><b>ÉNERGIE</b></p>  | <p><b>Recommended Use:</b><br/>Traditionally used to promote a healthy libido.</p> <p><b>Recommended Dose (Adults):</b> Take 1 capsule three times daily. For use beyond twelve weeks, consult a health care practitioner.</p>  | <p><b>ENERGY</b></p>   | <p>www.questvitamins.com<br/>1-877-929-2548</p> <p>SunOpta Inc.<br/>6 Commerce Crescent<br/>Acton, ON L7J 2K3</p> <p>A Proud Canadian Company<br/>Une compagnie canadienne fière de l'être.</p> <p>339452.01 4-4</p>  |
| <p><b>Maca Extract</b><br/>125 mg</p> <p>60 capsules</p> <p>Utilisé traditionnellement pour favoriser une libido saine</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> | <p><b>Ingrédients médicinaux :</b><br/>Chaque capsule contient :<br/>Extrait de racine de maca (<i>Lepidium meyenii</i>) à 4:1 (équival. à 500 mg d'herbe fraîche)..... 125 mg</p> <p><b>Ingrédients non médicinaux :</b><br/>cellulose microcristalline, phosphate dicalcique, stéarate de magnésium, dioxyde de silicium, gélatine.</p> <p><b>Information sur les risques :</b> Ne pas utiliser si vous êtes enceinte ou allaitante.</p> <p><b>Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sulfites.</b></p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.</p> | <p><b>Maca Extract</b><br/>125 mg</p> <p>60 capsules</p> <p>Traditionally used to promote a healthy libido</p> <p>No artificial colours, flavours or preservatives</p> | <p>339452.01 4-4</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN.<br/>NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p><a href="http://www.questvitamins.com">www.questvitamins.com</a><br/>1-877-929-2548</p> <p>SunOpta Inc.<br/>6 Commerce Crescent<br/>Acton, ON L7J 2K3</p> <p>A Proud Canadian Company<br/>Une compagnie canadienne fière de l'être.</p> <p>339452.01 4-4</p> <p>F.P.O. - 80%<br/>UPC CODE TO BE: 0 58371 21183 9</p> |