Maca Powder Capsules
with guarana extract and vitamin E

Contains: 180 capsules

Information
Maca is a small plant that grows in the Peruvian Andes. For those working in the mountains, the maca root is a valuable food.

Guarana is a climbing shrub that originates from Amazonia. Since time immemorial, the indigenous Brazilians have formed a paste from the powdered seeds of this plant, and from cocoa, which they then roll and dry. Chewing on these sticks gives them a feeling of indulgence. In addition to 350 mg of maca powder, each capsule contains 20.3 mg of guarana extract (4-6:1). This corresponds to approx. 100 mg of guarana powder. In addition, this product provides vitamin E to contribute to the protection of cells from oxidative stress.

Only 3 capsules a day provide beneficial support to your metabolism.

One capsule contains
350 mg maca powder, 20.3 mg guarana extract (4-6:1) (including 5.5 mg caffeine), 6.7 mg α-TE vitamin E.

Ingredients
Maca powder (56.8%); coating agent: hydroxypropyl methylcellulose; maize starch; maltodextrine; guarana extract 3.3%; DL-alpha tocopheryl acetate; gelatine; release agents: magnesium salts of edible fatty acids and silicon dioxide; colour: caramel.

Information concerning nutrients and substances with a specific nutritional effect

<table>
<thead>
<tr>
<th>nutrients</th>
<th>per recommended dose (3 capsule/day)</th>
<th>% of the reference quantity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maca powder</td>
<td>1050 mg</td>
<td>**</td>
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<tr>
<td>Guarana extract (4-6:1)</td>
<td>61 mg</td>
<td>**</td>
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<tr>
<td>including caffeine</td>
<td>16,5 mg</td>
<td>**</td>
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<tr>
<td>Vitamin E</td>
<td>20 mg α-TE</td>
<td>168 %</td>
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</tbody>
</table>

* Reference quantity pursuant to directive 1169/2011 (EU)
** No reference quantity available

Dietary supplement

Recommended dosage
Take one capsule, with liquid, three times per day at mealtimes with a little liquid.

Note

- Do not exceed the recommended daily dose.
- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.