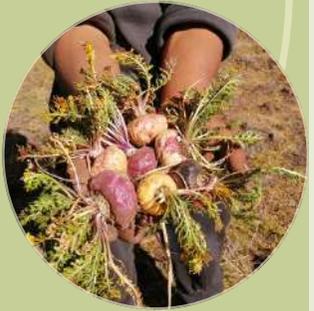


# WHAT IS MACA?

Maca is a cruciferous root vegetable from Peru known as the 'Food of the Brain' and has been a staple source of nutrition by the Inca for centuries. Grown at 4000m above sea-level it is a high altitude adaptogen meaning it helps to return the body to balance during times of stress. It is known to traditionally support energy, vitality, hormonal health, mental health, mood, focus and fertility.



## YOUR MACA JOURNEY

There are many ways to work with Maca to support health and wellbeing both long and short term. Here's how Maca can support your health needs:

### PHASE ONE

#### INSTANT IMPACT



Choose our fast and concentrated MCB Oil to feel the instant impact of Maca. Our 100x concentrated pure maca oil is designed for fast, short-term use to assist chronic symptoms and return balance rapidly.

*Start on 3-4 drops 3x daily and adjust weekly*

### PHASE TWO

#### INTENSIVE SUPPORT



Our 10x concentrated extracts are designed to support moderate or stubborn issues and can also be used to transition between MCB Oil on to baseline supporting maca powders.

*Take 1 - 2 tsp per day  
Monitor/adjust dosage as necessary over time.*

### PHASE THREE

#### BASELINE SUPPORT



Maintain long-term harmony with our Yellow or Maca for Men / Women blends. These can be combined with higher dose options or used as a stand alone support.

*Take 1 - 1.5 tsp per day.  
Monitor/adjust dosage as necessary over time..*

## ABOUT SELENO HEALTH



SELENO HEALTH

Seleno Health is a New Zealand-based natural health company that combines ancient plant wisdom with modern scientific research. Founded by Dr. Corin Storkey and Sally Huapaya, they work directly with farmers Florencio and Yraida in Peru to create specialized organic Andean maca products.

In 2016, Corin met Sally in Peru and tried Maca, which ultimately transformed his health. After using traditional maca brews prepared by Sally, he came off his antidepressants and decided to dedicate himself to working with and researching maca. Your purchase supports the research of this sacred plant and preservation of ancestral maca preparation.

Join us every June for the harvest celebrations at our annual maca retreat in Junin, Peru.

#### SELENO HEALTH MACA IS:

- Ethically sourced
- Certified Organic
- Scientifically analysed
- Produced in Peru
- Farm to table

- Quantified High macamide levels
- Honouring indigenous wisdom
- Heat-activated for gut health



[WWW.SELENOHEALTH.COM](http://WWW.SELENOHEALTH.COM)

+64211822839 (NZ)  
info@selenohealth.com  
@seleno.health

# GUIDE TO USING MACA



# BASELINE SUPPORT

Your long-term, day to day dosage for preventative health, maintaining balance and overall wellbeing.



## YELLOW MACA

Supports energy, vitality, mental health and long-term balance.

### BEST FOR...

- Healthy endocrine balance
- Mood and mental health
- Healthy thyroid function
- Energy and stamina
- Stress management

## MACA FOR WOMEN

A scientifically formulated blend of activated **Red**, **Black** and **Yellow** Maca in specific ratios designed to support optimal female health and healthy hormone balance.

### BEST FOR...

- Healthy hormonal balance
- Mood and mental health
- Healthy adrenal function
- Healthy thyroid function
- Normal bone density + strength
- Female fertility + sexual function
- Skin quality and radiance
- Mental clarity and focus



## MACA FOR MEN

A scientifically formulated blend of activated **Black**, **Yellow** and **Red** Maca in specific ratios designed to support optimal male health & hormone balance.

### BEST FOR...

- Stamina and endurance
- Mental clarity and focus
- Mood and mental health
- Strength and muscle power
- Healthy adrenal function
- Male sexual function
- Male fertility
- Normal prostate function



# WHICH MACA DO I NEED?

Maca grows in three different colours all of which hold different properties which support different health issues. See the chart below to find the right combination for your needs...

MAY ASSIST TO SUPPORT:	YELLOW	RED	BLACK
FATIGUE			
HORMONAL BALANCE			
FEMALE FERTILITY/LIBIDO			
MALE FERTILITY/LIBIDO			
HEALTHY CIRCULATION			
PROSTATE FUNCTION			
BONE HEALTH			
THYROID FUNCTION			
STAMINA & ENDURANCE			
STRENGTH & MUSCLE			
MENTAL CLARITY & FOCUS			
WORRY & STRESS			
MOOD BALANCE			
MENTAL HEALTH			
SKIN PROTECTION / BREAKOUTS			

# INTENSIVE SUPPORT

Simulates traditional maceration of Maca roots and extraction of bioactives, it is the most potent and ready to eat Maca powder when intensive support is required.

## MCB OIL



Fast acting, high potency for quick results. Derived from our same high quality Maca but at 100x more concentrated and taken sublingually.

### BEST FOR...

- Chronic health support
- Mood and mental health
- Sleep and circadian balance
- Energy & stamina
- Neurological support
- Inflammation support
- Supporting pain management

## RED MACA

Supports internal strength, balance and calmness.

### BEST FOR...

- Healthy adrenal function
- Female sexual function and fertility
- Healthy hormone balance
- Healthy bone density and strength
- Normal male prostate function
- Recovery support
- Mood balance



## BLACK MACA

Supports external strength and cognitive function.

### BEST FOR...

- Stamina and endurance
- Strength and muscle power
- Healthy brain function
- Natural mood balance
- Mental clarity and focus
- Male sexual function and fertility

