

*Macabido® male offers natural ingredients to support energy levels and libido in men. The different combinations of active ingredients for men are optimised to meet their unique needs. They can help promote libido, sexual stamina and performance as well as a general, positive sense of well-being. Macabido® male can also help to overcome listlessness, lack of energy and general physical exhaustion.*

### Basics:

Stress, harmful environmental pollution, hormonal changes, medication, health problems, advancing age; all of these can lead to a reduction in desire and sexual performance in men and women. Like all hormones in the human body, the production of sex hormones begins to decline significantly in midlife. Poor diet, sleep disorders and stress exacerbate this natural progression. According to surveys carried out, almost five out of ten men - i.e. around one in two men - suffer from one or more sexual problems or are simply dissatisfied with their sex life at some point in their lives. Nevertheless, sexuality remains a taboo subject for many people, even in confidential conversations with a doctor.

Thousands of years ago, sexual issues were already a topic of great interest. People looked for help in the treasure chest of nature and found it. The Incas in South America, for example, discovered active ingredients in the extract of the Peruvian tuber maca that promote sexual energy, stamina and desire.

A gender-specific combination of high-quality micronutrients with standardised maca extracts can increase vitality, energy, desire and libido in men.

### These include the following nutrients:

**MACA:** The Peruvian root Maca (*Lepidium Meyenii*) has been used for centuries by the indigenous peoples of South America to increase sexual energy and desire. After the Spanish conquest of Peru, the tuber was also exported to Europe in order to utilise its potency-enhancing effects. Maca contains a variety of minerals, essential amino acids and trace elements. This natural substance can not only increase libido, but also support a normal hormonal balance overall, thus creating the conditions necessary for the maturation of a sufficient number of sperm and functional egg cells. Maca can also improve physical and mental energy and support the immune system at the same time.

**White panax ginseng:** Originating from Asia, genuine ginseng has been used for many centuries. White ginseng extract is made by drying the roots and then grinding them into powder. It can help to promote sexual desire and vitality.

**Ginkgo biloba:** As a plant antioxidant with a broad spectrum of activity, ginkgo can promote blood flow to the genitals and the brain, thus supporting pleasure and cognitive function.

**Tribulus:** is a natural nutrient extracted from the plant *Tribulus terrestris*. The plant, which grows in Hawaii, Eastern Europe, India and Africa, has been used in these areas for centuries.

**Royal jelly:** The queen bee's diet can have specific effects on glandular activity and balanced hormone production.

This micronutrient can influence sexual energy as it can promote metabolic activity.

**Niacinamide:** Fish, offal and beef are particularly rich in this vitamin. Niacin (vitamin B3) contributes to normal energy metabolism, to the reduction of tiredness and fatigue and to the normal condition of the mucous membranes.

**Calcium:** Certain calcium-containing mineral mixtures have numerous properties. They not only supply the body with minerals, but can also help to regulate the body's pH value.

**L-arginine:** L-arginine is the most powerful of all amino acids that can influence sexual desire. It can support both sperm production and sexual performance. L-arginine is a precursor of nitric oxide, the substance needed to maintain an erection. It is found in foods such as meat, nuts and pulses. Pumpkin seeds are particularly rich in this substance.

**Saw palmetto:** Saw palmetto is known in naturopathy for its positive effect on the prostate. Normal prostate function can help to support sexual function.

**Zinc:** This mineral is found in meat, dairy products, fish, wholemeal cereals, pulses and nuts, among other things. Zinc can contribute to the normal function of the immune system and the maintenance of normal testosterone levels in the blood.

**Muirapuama:** is a tree from the sandalwood family with stone-like fruits, which is also known as "potency wood" in Brazil. Nutrients from muirapuama can normalise testosterone levels and at the same time increase sexual desire.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplements.

## Ingredients:

<b>Macabido® male (clear) 4 capsules</b>	<b>per capsule</b>	<b>daily dose</b>
Macaplex® (Lepidium meyenii root extracts)	225 mg	900 mg
White panax ginseng root extract	25 mg	100 mg
Ginkgo biloba leaf extract	15 mg	60 mg
Stinging nettle root extract	2,5 mg	10 mg
Tribulus terrestris fruit extract	10 mg	40 mg
Saw palmetto fruit extract	5 mg	20 mg
Muira puama root extract	2,5 mg	10 mg
Fenugreek seed extract	100 mg	400 mg
L-arginine HCl	25 mg	100 mg
Zinc (Zn)	125 mcg	500 mcg
Boron (B)	37,5 mcg	150 mcg
Niacinamide	2,5 mg	10 mg
Royal jelly extract	7,5 mg	30 mg
Coral Calcium®	12,5 mg	50 mg
Bioperine®	2,5 mg	10 mg

**Other ingredients:** Magnesium Stearate, SiO<sub>2</sub>.

The product is gluten-free,  
lactose-free, not genetically modified.  
Capsule shell vegan.  
The product contains royal jelly.

## Recommended consumption:

Normally take 2 capsules in the morning and 2 capsules in the evening with plenty of liquid.

### Macabido® male-Product groups

- ☀️ Immune system and defences
- 🧠 Memory and memory function
- 📄 Metabolism, intestine and digestion
- 😊 Nerves, psyche and mood
- 🏃 Sport and vitality
- 👤 Men's Health

## Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.”

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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