

Maca Root

Maca is an all-natural plant with the botanical name *Lepidium Meyenii* that is native to the Peruvian highland and resembles a small, brown turnip, that is rich in natural fibre, iron, phosphorous and calcium; it is believed to boost sex drive, and energy levels, as well as increase physical stamina and performance. Maca root possesses the unusual ability to adapt to your body's metabolism while working naturally with your individual body to increase your energy and overall vitality. Maca thrives in the harshest, most difficult farmlands in the world. It grows at elevations between 10,000 and 15,000 feet, on the barren high plateaus of the central Andes, where it has to withstand intense sunlight, fierce winds, and sub-freezing temperatures

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Benefits List:



- Increases Energy
- Increases Endurance
- Alleviates chronic exhaustion
- Improves sexual function
- Regulates menstrual cycles
- Enhances memory
- Good for healthy teeth and bones
- Libido Enhancer



Nutritional Value:

Dried Maca root contains %60 carbohydrates, 10% protein, 8% dietary fiber and 2% fat. It contains minerals, particularly selenium, calcium, magnesium, and iron, as well as fatty acids such as linolenic acid, palmitic acid and oleic acids.

Nutrition Facts:

Serving Size: 100 grams

Amount Per Serving:

Calories: 376 Calories from Fat: 25

%Daily Value*

Total Fat: 2.77g 4%

Sodium: 36.97mg 2%

Carbohydrate: 85g 28%

Dietary Fiber: 17.83g 71%

Sugars: 36.4g

Protein: 2.84g

Vitamin A: <30 IU 0%

Vitamin C: <5 mg 0%

Calcium: 326.62mg 33%

Iron: 0.98mg 5%

*Percent daily values are based on 2,000 calorie diet.

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4



Maca Root Powder

Historically

Maca has been cultivated and used by the native people of Peru for over 2000 years in order to promote endurance, stamina, strength, and improve vitality, energy and fertility. Shamans and sorcerers used the Maca root during the performance of traditional rituals. During the Spanish occupation of the Inca Empire its use was forbidden due to the Spanish belief that Maca roots were linked to pagan practices that were inconsistent with the ongoing religious domination of the Incan population. Maca continued to be used by the Andean populations, particularly within the regions where gold was mined. Maca is a natural energy booster that reduces fatigue and promotes energy and stamina for everyday activities. Today, the Maca root is obtained from the 'pollution free virgin Andean Highlands of Peru' and is a powerful anti-aging agent that increases and intensifies vitality.

Overall Health

Maca root contains substantial amounts of amino acids, complex carbohydrates, B1,B2,B12, C and E as well as various minerals including calcium, phosphorous, zinc, magnesium and iron. It is a natural herb that has been traditionally used by those seeking to increase energy levels and sexuality. Providing stamina and endurance, Maca root promotes mental clarity while providing relief from symptoms of fatigue, hot flashes and anxiety commonly associated with menopause. Maca root re-establishes the physical harmony of the body while rebuilding strength, reducing stress and creating a hormonal balance. Ingesting Maca root has been known to increase libido, sperm count and fertility in both sexes. The key to Maca's stamina effects appears to be two groups of novel compounds called Macamides and Macaenes. Because of its regulating effects on the endocrine system, Maca also helps to build a strong immune system. Maca has also traditionally been used to lubricate stiff arthritic joints, and ease respiratory illness

Dosage

The daily dosage of Maca may range between 500mg to 2000mg; however, for long term use the suggested dosage is not to exceed 500mg/day. Enhancements in libido have been reported within the first few days of usage though it is important to allow several days for the root to take effect. Maca is not a potent aphrodisiac.

Warnings:

There have been no significant side effects found by ingesting Maca root, however, as with most supplements; extended use on a daily basis is not advised. Maca is not recommended for women on birth control pills or women who are pregnant or lactating. If you have or have had a hormone-dependent cancer, consult your physician. Not intended for use by persons under the age of 18. Keep out of reach of children. Anyone with illness, kidney problems, blood in urine as well as medications should always consults their doctor before use.