



MACA

The MEDICINAL And APHRODISIAC

Numerous studies on the aphrodisiac and fertility enhancing properties of maca are documented in scientific literatures. Scientists and doctors are now finding maca to be one of the best natural ways to regulate and support endocrine health. This action regulates metabolism, energy levels, growth, sexual development and the sense of well being and attitude. Maca does not contain hormones itself. It rather provides a unique set of nutrients that are believed to directly fuel the endocrine system and help the glands to produce vital hormones in precise dosages predetermined by one's own body. As an adaptogen, maca works broadly to contribute to overall well being. It is believed to nourish and calm the nerves with calcium, phosphorus, vitamins B1, B12, and fatty acids, all of which work beneficially on the nervous system. It is also believed to stimulate the appetite and aid in digestion due to calcium, vitamins B1, B2, B12 and fatty acids.

IS MACA SAFE ?

Patients with thyroid conditions should avoid maca because glucosinolates taken in excess and combined with a low-iodine diet may cause goiter. There is no evidence of adverse reactions with maca. Maca has been reported to have a low degree of acute oral toxicity in animals and low cellular toxicity in vitro. No adverse reactions were reported in an animal study with rats fed maca extract in doses up to 5 g/kg. Its long time use as a food product suggests low potential for toxicity. Maca is believed to be non addictive.

Reference: Maca. Review of Natural Products. Facts and comparisons 4.0 [online]. February 2008. Available from Wolters Kluwer Health, Inc. Accessed January 17, 2008

Disclaimer: Maca has not been tested by the U.S. Food and Drug Administration, nor approved by them, and should no be used to diagnose, prevent, treat or cure any disease.

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New-Maca6Mega® (Maca root)



MACA may help :

Increase energy, stamina and endurance.

Alleviate chronic exhaustion (fatigue syndrome), anxiety, stress & depression.

Improve sexual function in men and women. Enhance fertility in people and animals.

MACA's active ingredient:

Glucosinolates including macaenes & macamides

Other ingredients:

Calcium, magnesium, selenium, iron, palmitic, Linolenic & oleic acids.

What is a Maca?



The maca root is one of the most famous herbs coming from the Andes mountains. The legend of the virile and sexually powerful Inca has always been connected with their use of the maca root and this same benefit is being sought by thousands of people from the Western World. The underground portion of the Maca plant, known as the hypocotyl, is the part that is used commercially.

The hypocotyl can be a variety of colors, such as red, purple, cream, yellow, or black, and is 10 to 14 cm long and 3 to 5 cm wide; a cold climate seems to be critical for its formation or growth. Maca is cultivated in a narrow, high altitude zone of the Andes mountains in Peru. Maca has one of the highest frost tolerances of any cultivated plant, allowing it to grow at altitudes of 3,800 to 4,800 m above sea level in the puna and suni ecosystems. Maca and several related wild species also are found in the Bolivian Andes.



Family: Brassicaceae (mustards)

Common names: Maca AKA Maino, Ayuk willku, and Ayak chichira.

Scientific Name: *Lepidium meyenii* Walp

Country of Origin: PERU

Active Ingredient: Glucosinolates

Appearance: beige/mustardy powder

Taste: slightly bitter

Soluble: dispersable/soluble

Available in powder, or bulk tablets

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What is Maca Used For?

Indigenous people used maca to treat numerous conditions including anemia, tuberculosis, sterility, and fatigue. Ethnobotanical studies document the use of maca for depression, and cancer, as well as for menstrual and sexual disorders.

Researchers point to the high mineral content of maca as the reason behind its aphrodisiac qualities but other scientists believe that it can also be attributed to the presence of the chemical p-methoxybenzyl isothiocyanate. A study conducted in 1998 shows that maca contains macamides and macaenes which are directly responsible for the efficacy of maca in enhancing the libido.

The maca root also contains benzylated alkamides like phenyl acetonitrile and macamides. Studies show that the essential oil of maca contains 85 % Phenyl acetonitrile, 3% benzaldehyde and 2% methoxyphenylacetonitrile.

The tuberous hypocotyl, or root, of the plant may be eaten raw or cooked, and dried and stored for years without serious deterioration. The root has a tangy taste and an aroma similar to that of butterscotch. Dried root may be mixed with honey or fruits to prepare juices, gelatins, jams, and alcoholic beverages.