

Maca Vitality Natural Health Products

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WHAT EXACTLY IS MACA ROOT?

Maca Root – *Lepidium meyenii* – is a mat-like perennial that grows between 13,000 and 14,500 feet above sea level in the high Andean plateaus of Peru. **Maca's** tuberous roots resemble those of its relative the radish. To Andean Indians, **Maca Root** is a highly valuable commodity. The sweet, spicy dried **Maca Root** is considered a delicacy. Rich in nutritional content, **Maca** contains potassium, higher levels of calcium than in milk, magnesium, phosphorous and iron, contains trace minerals, including zinc, iodine, copper, selenium, bismuth, manganese and silica, as well as B vitamins. It also contains four alkaloids proven in scientific investigation to nourish the endocrine glands, including the reproductive system of men and women. Traditionally, native medicine practitioners and herbalists have recommended **Maca** for:



- Treating menopausal symptoms, such as hot flashes, vaginal dryness, depression, as an alternative to hormone replacement therapy (HRT)
- Stimulating and regulating the endocrine system
- Regulating and normalizing menstrual cycles
- Stimulating fertility in both men and women
- Supporting the immune system
- Increasing energy, stamina and endurance, reducing chronic fatigue
- Enhancing libido, treating impotence
- Revitalizing seniors, mentally and physically

Scientific studies are gradually confirming the effects attributed to this prodigious plant since the time of the Incas. **Maca Root** is considered one of the plants with the highest international development potential. Because of its multiple effects, it has an ample application field from improving athletes' performance to fighting against infertility. The effects demonstrated on fertility and sexual activity could be due to an action in the pituitary gland, in charge of sexual maturation. Likewise, **Maca** could activate the calcitonin hormone that regulates the metabolism of calcium and phosphorus in the blood, secreted by the thyroid gland and the Para hormone of the parathyroid gland. Alkaloids in **Maca** could act as stimulants in the formation of red globules in human and animal reproduction.

WHAT WILL MACA DO FOR YOU?

Maca: Sex & Libido



Maca is recommended for fertility problems, sterility, and other sexual disorders. However, in Peru **Maca** has long been known as a potent **APHRODISIAC**. Research has proven maca to act on certain areas of the body that produce hormones and energizing substances, which enhance libido and increase virility.

Maca is often compared to Viagra®; however Peruvian **Maca** does not alter circulation. **Maca's** amazing libido booster is a result of completely natural hormonal balancing. **Maca** is a safe natural product that will improve your marriage, love and sexual life by boosting your libido and stamina, and by producing a general sense of well being!

Maca: Energy /Stamina

Athletes around the world are starting to notice **Maca Root**. **Maca** is in fact, a great source of energy. Research proves that as a result of hormonal balancing **Maca** also supports and helps restore the adrenal glands, which produce adrenaline. **Maca** is also an ideal supplement for body builders and athletes because it contains natural sterols. So, if you are looking for a healthy and nutritional product to boost your energy and improve endurance, **Maca** is definitely for you!



Maca: Menopause Symptoms

Are you going through uncomfortable mood swings and frustrating hot flashes: Are you having sleep difficulties? ***Maca*** is a natural and healthy alternative to dramatically ease your symptoms during peri-menopause, menopause, and post-menopause.

Low or High levels of estrogen are a common problem to many women, which bring frustrating consequences to their health. ***Maca Root*** will dramatically fix these problems. ***Maca*** acts as a hormonal regulator that will bring your body to its proper balance. As a result, ***Maca*** will alleviate menopausal and painful menstrual symptoms. What's more, ***Maca*** will increase your energy, reduce your stress, and even help you overcome depression. Get rid of hot flashes now! You won't be disappointed; all ***Maca*** benefits are achieved in a very healthy way, and are only a result of natural hormonal balancing.



- The natural sterols in ***Maca Root*** help build muscle especially when used in conjunction with exercise.
- ***Maca*** gives a general sense of well being (of being well nourished.)
- ***Maca*** has the ability to lift people from depression.
- ***Maca*** energizes without over stimulation.
- ***Maca*** enlivens sexual function in advanced years (proven Viagra like effect, without side effects).
- It's non-addictive and has no harmful side effects.
- As an anti-stress homeopathic medicine, a peaceful aura accompanies the use of ***Maca***.
- ***Maca*** can help regulate women's hormonal irregularities. i.e.: menopausal and PMS symptoms.

Nutritional Value: ***Maca*** has an amazing nutritional value. Its high protein content excels those from other plants. For example it has 5 times more proteins and 4 times more fibre than the potato, having less fat. It has an excellent 0.76 ratio of saturated to unsaturated fat (40.1% saturated fats, 52.7% unsaturated fat). ***Maca*** contains two of three essential fatty acids (oleic and linoleic). It also has a surprising amino acids profile, a total of 18 amino acids, including 7 of the 9 essential amino acids. Vitamin and mineral levels are considerable and in some cases they represent 100% of the recommended daily value.

Phytochemicals

Primary metabolites: ***Maca*** is a highly protein rich food. It also has a large content of amino acids (18), carbohydrates (60% – 75%) and vitamins (A, B1 – thiamine, B2 – riboflavin, B3, niacin, B6 B12, C, E, carotene), minerals and oligoelements including calcium, phosphorus, iron zinc, magnesium, copper, sodium, potassium, selenium, boron, manganese and aluminum.

Secondary metabolites:

Alkaloids: Several alkaloids such as macaina, macaridina and macamides as well as Chacon alkaloids 1, 2, 3 and 4 have been identified.

Fatty acids: lauric, myristic, palmitic, palmitoleic, stearic, oleic, linoleic, linolenic, arachidic, behenic, nervonic, lignoceric, tridecanoic, 7-tridecanoic, pentadecanoic, 7-pentadecanoic, heptadecanoic, 9-heptadecanoic, nonadecanoic, 11-nonadecanoic, 15-eicosenoic.

Sterols: campesterol, stigmasterol, sitosterol, brassicasterol, ergosterol, ergostadienol

Glucosinolates: benzyl isothiocyanat, p- methoxybenzyl isothiocyanate.

Steroid triterpenes and steroid type saponins

Phenolic compounds: Tannins

Flavonoids: Coumarins, Anthocyanins B-ecdysone