

## Maca: All what you need to know about

### What is Maca?

Maca is a root vegetable that grows in the Central Highlands of Peru, at altitudes of 4000-4500 meters (about 14,000 ft) in a region with freezing temperatures where very few crops survive.

Maca is an extraordinary natural food with exceptional properties whose effects have been scientifically documented.

### General References

#### Classification

Family: Brassicaceae

Genus: Lepidium

Species: Meyenii, Peruvianum Chacon

Common names: Maca, Peruvian Ginseng, Maka, Maca-Maca, Maino, Ayak Chichira.

#### Origin and Geographic Distribution

Maca was probably domesticated in the Central Highlands of Peru between 2000 and 1300 BC. Currently, Maca is mostly cultivated in the Junin Plateau - Peru.



#### Maca: An Adaptogen

Adaptogen plants must satisfy three criteria:

- The plant must not be toxic to the body.
- It must not interfere with normal physical processes.
- It must help regulate bodily functions.

Maca satisfies these three criteria and has no harmful effects even if taken for long periods.

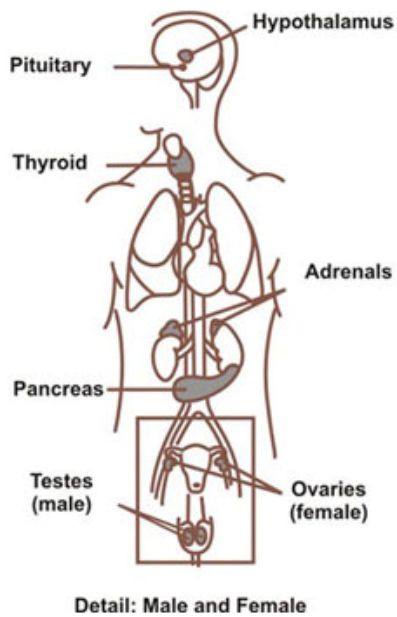
#### Nutritional Facts

Maca is an extraordinary food, a rich source of amino acids, complex carbohydrates, minerals and vitamins, proteins, and other essential nutrients. Biochemical analysis indicates that Maca contains 10% protein, 7.97% fat, 6.14% fiber, 81% sugars, 4.5% minerals (calcium, iron, phosphorus) as well as vitamins B1, B2, and C among other nutrients.

The primary bioactive components of this wonderful plant are: alkaloids, glucosinolates and sterols.

#### Alkaloids

An alkaloid, strictly speaking, is a natural amine produced by a plant, usually derived from an amino acid. Amino acids play central roles both as building blocks in the formation of proteins and as mediators in metabolic processes. Maca has a balancing effect on the hypothalamus,



the master switch of the body, which regulates the endocrine glands, including the pituitary, the adrenals, the ovaries, the testes, the thyroid and the pancreas.

### Glucosinolates

Glucosinolates (a group of sulphur-containing glucosides) are powerful anticarcinogenic plant compounds that give cruciferous vegetables their reputation as cancer fighters. These substances are important because of their effects on enzymes and, particularly, because of their antimutagenic and anticarcinogenic properties.

### Sterols

Sterols are a large subgroup of compounds similar to the steroids found in plants and animals. Maca contains several sterols known for their cholesterol-lowering properties.

### How Maca works?

Maca nourishes your body and the natural production of hormones by encouraging the optimal functioning of the endocrine system.

Maca improves physical and emotional well-being and lowers stress, improves athletic performance without harmful side effects, increases energy and promotes mental clarity and concentration.

Maca significantly relieves the symptoms of both male and female menopause.

### Benefits of Maca in Women

- Nourishes the endocrine system, stimulating the natural production of estrogen and progesterone.
- Increases energy, improves physical and emotional well-being, and lowers stress.
- Promotes mental clarity and concentration.
- Maca increases stamina and athletic performance without harmful side effects.
- Alleviates the symptoms of menopause such as hot flashes, insomnia, vaginal dryness, night sweats, chills, irritability, incontinence, sore muscles and joints.

### Benefits of Maca in Men

- Nourishes the endocrine system, encouraging it naturally to produce higher testosterone levels which in turn boosts sexual energy.
- Improves physical and emotional well-being and lowers stress.
- Maca increases stamina and athletic performance without harmful side effects.
- Promotes mental clarity and concentration.

### Cost - Benefit of Taking Macaex®

USA statistics indicates that we yearly expend between 2000 and 3000 dollars in medical insurance deductibles and more than 1000 dollars in prescriptions. Medical expenses increase as we get older.

Additionally to these expenses, there are other costs like the non worked hours, the transportation and the burden of visiting physicians, as well as more stress and anxiety; this, is similar in all countries.

However, it is possible to save significantly on your annual medical expenses taking **Macaex®** daily that will help you to improve your quality of life, your health, your energy, your mental clarity and your mood.

## Products



## Frequently Asked Questions

### What is Macaex®?

**Macaex®** is an extract obtained from processing organic, certified and selected dry Maca.

### How Macaex® works?

- **Macaex®** nourishes and supports the body.
- Balances the endocrine system.
- It works on the hypothalamus and pituitary to help regulate hormone levels.
- **Macaex®** increases stamina and athletic performance without harmful side effects.
- Promotes mental clarity and concentration.

### What are the benefits of Macaex® in women?

- Nourishes the endocrine system, stimulating the natural production of estrogen, progesterone and testosterone.
- Alleviates the symptoms of menopause such as hot and cold flashes, insomnia, vaginal dryness, night sweats, irritability, incontinence, sore muscles and others.
- Increases energy, improves physical and emotional well-being, lowers stress and improves sexual life.
- Helps to relieve morning sickness during pregnancy.

### What are the benefits of Macaex® in men?

- Nourishes the endocrine system, encouraging it naturally to produce higher testosterone levels which in turn boost sexual energy and libido.

- Increases stamina and athletic performance without harmful side effects, raising energy levels.
- Improves physical and emotional well-being, lowers stress and improves sexual life.

### How do you take Macaex®?

It is suggested that you take a teaspoon of **Macaex® Ultra** every morning or one or two teaspoons of **Macaex® Super**, alone or blended with your favorite beverage.

You can take a higher dose without adverse effects but doing so does not guarantee better or faster results.

### How long should I take Macaex®?

As long as you wish. **Macaex®** is a natural nutrient that you can consume every day. There are no contraindications against daily consumption.

### How quickly can I expect results?

**Macaex®** is very effective and you will see results in a very short time; nevertheless, effects will be achieved after two or three weeks time.



### International Organic Certifications