

## **Maca**Organic

Energy, balance, and sexual vigour



- Enhances libido
- Eases menopausal symptoms
- Exerts potent antioxidant action









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Maca, also known as Peruvian ginseng, has a rich history of use for its beneficial effects on immunity, hormonal balance, energy, stamina, and libido for both genders.

Harvested high in the Andes mountain range, the roots of the maca plant are a dense source of beneficial nutrients that include a broad range of amino acids, vitamins, minerals, fibers, sterols, and beneficial fatty acids. Maca also exerts protective antioxidant action throughout the body with up to 22 different phenolic compounds. The same defense mechanisms that these protective phenolic compounds provide plants also account for their potent antioxidant action in humans.

Maca is recognized as a powerful adaptogen; its ability to nourish and balance endocrine function is critical for all aspects of the body's many systems. It naturally increases energy levels while avoiding the negative effects of caffeine and sugar found in many energy supplements. Naturally occurring B vitamins fortify the ability to cope with stress.

Maca is perhaps most renowned for a long history of successful therapeutic use for libido enhancement. Current research also points to successful medicinal use for menopausal discomfort and infertility in addition to increasing sex drive.

Each vegetable capsule contains:

Organic maca (Lepidium meyenii) root . 750 mg

Other ingredients: Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:

Adults: Take 2 capsules twice daily or as directed by your health-care practitioner. Consult a healthcare practitioner for use beyond 3 months. Menopausal and postmenopausal women only: Consult a health-care practitioner for use beyond 6 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

