

QUICK REFERENCE SHEET

MACA ROOT

Lepidium meyenii



Part Utilized:
Root



PROPERTIES:

Adaptogen, Super-Nutritive, Hormone Balancing

SYSTEMS AFFECTED:

Immune, Glandular (hormones)

POSSIBLE USES:

aphrodisiac, relieve fatigue and raise energy levels, may increase fertility in both men and women by balancing hormones

GENERAL INFORMATION:

Maca Root powder contains over 20 amino acids including 8 essential amino acids, 20 fatty acids, Vitamins B1, B2, C, and E, as well as calcium, magnesium, potassium, copper, zinc, manganese, phosphorus, selenium, sulfur, sodium, iron, and is a rich source of phytonutrients.

Maca is considered to be a potent adaptogen which means that it is able to aid the body to naturally adapt to the stresses of life. Maca is said to make people feel more “alive,” energetic, and produces a sense of well-being. These effects are thought to be due to Maca’s ability to restore proper hormone balance and raise the levels of endorphins.