

MACA - Superfood of the Andes

PRIMAL
NATURE
PRODUCTS

MACA
100 Capsules & 150g Powder



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Known as *Lepidium meyenii* or *Lepidium Peruvianum*, **MACA** is a root vegetable and a member of the cruciferous family. Its natural growing habitat is in the upper regions of the Andes mountains in central Peru, where it has a history of use dating back some 10,000 years. As both a food and a medicine, **MACA** has been regularly consumed by Peruvians of all ages, including children.

MACA resembles a small turnip in appearance and is a rich source of amino acids, complex carbohydrates, sterols, fatty acids, vitamins B1, B2, C and E, as well as trace minerals and elements such as calcium, magnesium, phosphorus, iron, zinc, iodine, copper, selenium, bismuth, manganese and silica.

MACA also contains four alkaloids proven in scientific studies to have an ability to nourish the entire endocrine system, including the reproductive system of both men and women. It is also an adaptogen, meaning its daily use can help one more easily adapt to stress and traumatic life experiences, both of a physical and mental nature.

MACA can revitalise the mental and physical capacity of middle-aged and older men and women. It can improve libido and act as an aphrodisiac for both sexes, help older men maintain sexual functioning, assist in human conception, help maintain strong bones and hormonal balance in post-menopausal women, reduce stress and boost energy levels, help balance blood sugar, prevent vaginal yeast infections, and is being successfully used as a therapy for chronic fatigue sufferers.