

Maca Root (*Lepidium meyenii*)

Other Common Names:

Great root of the mother, Los Pumpush, Peruvian Ginseng.

Origin:

From the High Andes in Peru, Maca grows at 15,000 feet.

Origin description:

During the Inca Empire it was eaten by the Incan warriors before going into battle as it gave them strength and stamina. An ancient fertility tonic. Once so prized it was used as currency.

What's in it?

Amino acids, saponins, tannins, Macamides, macaenes, alpha-linolenic acid - 2.8%, oleic acid, Isothiocyanates, vitamins B1,B2,C,E. Minerals selenium, sodium, silicon, copper, potassium, zinc, iodine, magnesium, manganese, calcium and phosphorous.

Are all Maca remedies the same?

Maca remedies vary being mostly available in powder or capsule form. However, PlantRhythms provides a pure tincture form of Maca. This form is more readily absorbed into the body system. It is also a more concentrated form.

How does it work?

Maca does not itself contain any hormones but its action on the body helps the pituitary glands to produce the precursor hormones which raise estrogen, progesterone and testosterone levels as well as helping to balance the adrenal glands, thyroid and pancreas. This all occurs naturally while increasing energy.

Dose: 5-10 drops under tongue 3-5 times/day.

Problem	Women	Men
HRT replacement.	✓✓	
Hot flushes.	✓✓	
Night Sweats.	✓✓	
Low libido.	✓✓	✓✓
Low energy.	✓✓	✓✓
Erratic blood sugar levels.	✓✓	✓✓
Anxiety.	✓✓	✓✓
Hormonal imbalance.	✓✓	✓✓
Male impotence.		✓✓