

# Maca

## PRODUCT INFORMATION

*This invigorating root from the South American Andes can promote vitality and sexual desire, help maintain normal energy levels, and supports a normal mood.*

### Basics:

The Incas began cultivating maca as early as 2,000 years ago; archaeologists dated the first evidence of maca cultivation to around 1,600 B.C. The root has been firmly anchored in Peruvian medicine for centuries, as it is said to increase strength, libido and fertility. After the conquest of Peru by the Spaniards, they realised that maca not only had positive effects on livestock, but could also increase people's performance. They therefore began to export the root to Spain by the tonne. Initially, the Spaniards believed that maca was so powerful that only the royal family was allowed to use it.

Maca is a small (about the size of a ping-pong ball) tuber from the cruciferae family that grows in the Andes. The roots are rich in sugar, starch, proteins and important minerals - especially iron and iodine. The sweet, aromatic dried root is considered a delicacy. The dried maca root has a high nutritional value, very similar to various grains such as maize, rice and flour. It consists of 59 percent carbohydrates, 10.2 percent proteins, 8.5 percent fibres and 2.2 percent lipids. In addition, the onion contains large amounts of essential amino acids, iron, calcium, alkaloids, beta-ecdysone, magnesium, p-methoxybenzyl, isothiocyanate, phosphorus, saponins, stigmasterol, sitosterol, tannins, zinc, vitamin B1, vitamin B2, vitamin B12, vitamin C and vitamin E.

Maca also contains significant amounts of essential fatty acids, sterols, minerals, alkaloids, tannins and saponins. Those active components that are responsible for the aphrodisiac effect of maca are the biologically active aromatic isothiocyanates.

Extracts from the root can promote normal libido and energy efficiency, as well as support sexual performance. Maca is also said to promote hormonal balance and support positive weight management. The numerous effects of maca make the plant attractive for all those who need an extra dose of energy.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplements.

### Ingredients:

#### One capsule (clear) contains:

250 mg Maca (*lepidium meyenii*)

#### Other ingredients: Rice Flour, Magnesium Stearate

The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

### Recommended consumption:

In normal cases take 1–2 capsules up to 3 times a day at the maximum with plenty of fluid.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.









The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease."

Errors and typographical errors excepted. VBX-1-24

#### Maca-Product groups

-  Depression and Moods
-  Immune System, Cell Protection and Antioxidants
-  Men's Health
-  Metabolism and Weight
-  Power and Energy
-  Sexuality & Libido
-  Sports and Muscles
-  Women's Health

Manufacturer



**VitaBasix**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [info@vitabasix.com](mailto:info@vitabasix.com)