

MACA ROOT POWDER

Features of premium quality Maca root powder:

- ✓ **USDA Certified Organic**
- ✓ **GMO Free**
- ✓ **Fair Trade**
- ✓ **Raw - Never heated above 40°C**
- ✓ **Vegan**
- ✓ **Contain 100% powder from Maca root**
- ✓ **Harvested, sundried, bio-cleansed, micro-powdered, packed immediately**

MACA BENEFITS

Maca is a well known adaptogen, which means it is an excellent balancer and helps your body to cope with stress better. Adaptogens are substances that raise the physical body's state of resistance to diseases through physiological health and emotional health improvements. This makes Maca a broad based healer which is able to support and rejuvenate overwhelmed, tired adrenal glands, eventually resulting in much greater energy, stamina, clarity of mind, spirit, and the ability to handle stress. Rich in phytonutrients, essential amino acids, essential fatty acids, vitamins and minerals, Maca promotes vitality and stamina.

Traditionally, Maca has been regarded as a potent aphrodisiac among the native Peruvian population. Incan farmers used it 1000s of years ago to boost their populations of livestock. In 2008, researchers from a hospital in Australia performed a study on a group of women for 12 weeks. At the end of the trial, the researches reported, “..significant reduction in scores in the area of psychological symptoms, including the subscales for anxiety, depression and other dysfunction after Maca consumption..”. In 2009, 5 researchers from Northumbria University, Newcastle published a study performed on athletes and concluded that the group who were given Maca powder for 14 days reduced their time in completing a 40 km cycling course. It has also shown positive results for memory, learning, bone health, skin protection as well as reducing the effects of chronic fatigue syndrome, menopausal symptoms and many others in a variety of individual tests.

Maca Composition

- 59% **carbohydrates**, 10.2% **protein**, 8.5% **fiber**, 2.2% **lipids**
- Contains 4 unique **glucosinolates**, called macaenes and macamides that support optimal hormone balance, vitality and strength in both men and women
- **Adaptogenic** food (like ginseng) that has been shown to significantly raise life force energy
- **Essential Amino Acids**: nearly all including Aspartic Acid, Glutamic acid, Serine, Histidine, Glycine, Threonine, Alanine, Tyrosine, Phenylalanine, Valine, Methionine, Isoleucine, Leucine, Lysine, HO- Proline, Proline, Sarcosine, etc.
- **Free Fatty Acids**: 20 have been found of which the most abundant are linolenic acid, palmitic acid, oleic acid
- **Vitamins**: A, B1, B2, B3, C, D
- **Minerals**: iron, magnesium, copper, zinc, manganese, niacin, potassium, calcium, etc.

Log on to **PubMed** (service of US National Library of Medicine) database for scientific researches on Maca (also known as *Lepidium meyenii*) → <http://www.ncbi.nlm.nih.gov/pubmed/?term=maca>

For further information, suggested recipes, testimonies, etc. contact:

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Tips For Taking and Storing Maca Powder

Maca is a food and is safe, without any known side effects. Below are the recommendations for keeping and enjoying Maca Powder.

1. For freshness after opening, store away from direct light and out of humidity. Can be kept in the fridge or freezer to prolong shelf life, but it keeps just fine at room temperature also. Keep very well for about 18 months at room temperature and up to 2 years in the freezer.
2. The optimal amount of Maca for health and healing in most cases is, 1-3 teaspoons of powder per day. You can try more if you like. Listen to your body, it will tell you how much you should be taking. If you experience too much energy when taking Maca, simply use less.
3. Can take with food or without food. If you have any digestive sensitivities or concerns, taking it with food is preferable. Avoid taking Maca after dinner unless you are prepared to stay awake.
4. Take a break from Maca every once in a while, e.g. take one day off per week. Some others like to take 5 days off in a row per month. The purpose of this is to give your body a chance to stabilize its hormones without the influence of the Maca. Plus, you'll find that after taking a break, you'll feel the effects of Maca to be stronger.
5. There are numerous ways to take Maca: in hot and cold cereals, smoothies, protein shakes, cooking, baking, salad dressings, soups, etc. Some people like to take Maca with fruit juice to dilute its taste, but mixing Maca with fruit, or fruit juice sometimes causes gas and a little bit of stomach distress. It may not happen with you though, so feel free to check it out.

How Long Can I Take Maca?

The people in Peru use it regularly throughout their lives. We do recommend that you take 1 day off per week or 1 week off every two months. This is simply for the same reason that we would take a break from eating any fresh fruit or vegetable once in a while. It's just good to give the body a break.

7 Things To Keep In Mind About Correct Maca Dosage

Before giving our recommended guidelines for correct Maca dosage we want to share some important factors to keep in mind when you are starting or continuing with Maca.

1. Maca is a food – To begin with, it's important to understand that pure Maca powder is a food. It comes from a turnip-like root high in the Andes mountains and has been eaten for thousands of years by people and animals indigenous to the area. It's true that as a food Maca has some special benefits and is for that reason considered to be a "superfood."
2. You can't overdose, but... – In our experience it's pretty much impossible to take too much Maca.. That said, some people report increased heart rate and nervous energy when they take too much. That's why you should start with a conservative amount and work your way up slowly.
3. You must consider your body weight - When you're starting with Maca, you need to consider how much you weigh as an important factor in determining your dosage. The dosage levels we recommend below are for people who weigh 160 pounds (75 KG). Bigger people can generally take more. Smaller people should start with smaller Maca dosage.
4. You should also consider your overall health and age – After factoring in your weight, also reflect on your overall level of health and your age. A 30-year old athlete can start taking a higher Maca dosage than a 75-year old retiree. The younger and healthier you are the more you can start with.
5. Maca affects different people differently. No two bodies are exactly alike and since Maca is an adaptogen it will act in your body to heal what is most needed to heal. That's why it's important to always be aware of how you are feeling as you take herb and as you increase your dosage.
6. You can adjust quantities as needed –depending on how much extra energy we want, or how far we have come along in our health goals.
7. Therapeutic Maca dosage is different than general health dosage –recommended dosages of Maca for therapeutic purposes are generally higher than for general health. For example if you are taking Maca specifically to help with fertility, you will want to boost your intake over time until you reach the maximum levels. That said you should still start with smaller amounts.

Our Maca Dosage Guide

In this guide, these dosage levels are based on a 40 year old with generally good health and weighing 160 lbs.:-

- Daily Minimum – 4-12 grams (1-3 teaspoons)
- Daily Maximum – 36 grams (3 tablespoons)

Some Final Thoughts on Maca Dosage

First, different types of Maca and different qualities vary in strength and potency. Even different harvests can be more or less intense. Red Maca for example is in almost all cases the strongest. Keep that in mind when taking Maca and remember to always listen to your body for feedback. If you don't notice much, take a bit more. If you notice having too much energy, take a bit less. Finally, give your body a break from Maca from time to time. After you have taken Maca for a while, you might notice that some days you simply don't want to have any or you want to have less. It's fine to follow that feeling. One of the advantages in doing this is that you get that initial rush of energy when you start taking your Maca again.

Helpful Tips

- Try taking Maca first thing in the morning and on an empty stomach for the quickest result.
- If you notice gas or bloating when you use the raw Maca powder, try taking it without any fruit or fruit juice and about 20 minutes before any meal.
- Take Maca before 2pm to make sure that you'll sleep easily. If you want to stay energized and awake through the night, take it as desired.
- Maca is a food and there is no contraindication. It is also a very nutrient dense superfood, so please follow the above recommended dosage when starting out with Maca.