

ROOTS & PODS

MACA

Lepidium meyenii



PERUVIAN
NATURE®



MACA

Lepidium meyenii

Is an Andean crop that grows above 3500 masl, in the Central Sierra of Peru, mainly in Junín and Cerro de Pasco departments. Its origin dates back to Inca times, probably 1300 to 2000 years ago.

Native Peruvians traditionally used maca root, since pre-Inca times for both medicinal and nutritional purposes. With a hard consistency, the edible part is the root, which can be given in a variety of colors, the most known are: yellow, red, and black, in turn the one containing the nutrients for which it is so appreciated. Maca is rich in sugars, proteins, starch and essential nutrients (especially iodine and iron).

Since the 1980's Maca started to be known outside its original area of agricultural production, promoting its energizing and fertilizing properties, hormone balancers, aphrodisiac and specially sexual performance improver, today is known as a superfood, and consumed worldwide for its nutritional properties.



SUPER INGREDIENTS
CONSCIOUSLY WELL DONE
S
SUPER INGREDIENTS



MAIN COMPONENTS



- **Proteins** primarily in the form of polypeptides and amino-acids.
- **Carbohydrates.**
- **Fiber.**
- **Vitamins:** B1, B2, B6, B12, C and E
- **Minerals:** Calcium, Iron, Zinc and Magnesium.
- **Glucosinolates.**

BENEFITS

Proteins: Maca contains vegetable proteins, easily assimilated by the human body, which makes it an excellent nutritional source.

Essential amino-acids: These compounds help maintain many functions in our body, for example: restore energy providing greater vitality required for daily activity.

Fiber: Maca root contains mainly cellulose and lignin which stimulates the intestinal functions.

Carbohydrates: Maca is rich in high quality carbohydrates, which in combination with other nutrients, provide energy for the daily routine.

Vitamins and minerals: Which help to fulfill all body functions, for example:

- B1 vitamin helps body's cells to convert carbohydrates into energy, it is also essential for heart functioning, muscles and nervous system.



- B2 works in conjunction with other B vitamins and is important for body growth and red blood cell production, also helps in the release of energy from carbohydrates.
- Vitamin C (ascorbic acid) is a well-known antioxidant involved in the oxidation - reduction reactions. Calcium which promotes calcification and development of bone structure.

PRESENTATIONS

Maca powder | Maca extract | Maca raw | Maca HP (High Potency) | Maca dices



All presentations are offered in organic and conventional version. Maca of differentiated colors: Yellow, Red, or Black, OSS version (Organic Sterilization System - natural treatment to offer Maca with microbiological specifications that respond to requirements of very demanding markets).

YELLOW MACA

- Muscle building
- Depression
- Bone density
- Anxiety / Stress
- Circulation
- Acne



RED MACA

- Female fertility
- Improving mood
- Menopause
- Osteoporosis
- Female libido
- Natural energy booster



BLACK MACA

- Male fertility
- Male libido
- Prostate
- Energy promoting
- Improve sperm motility and count.



USES & APPLICATIONS



Energy drinks



Tablets & Pills



Energy bars



Infusions



Smoothies

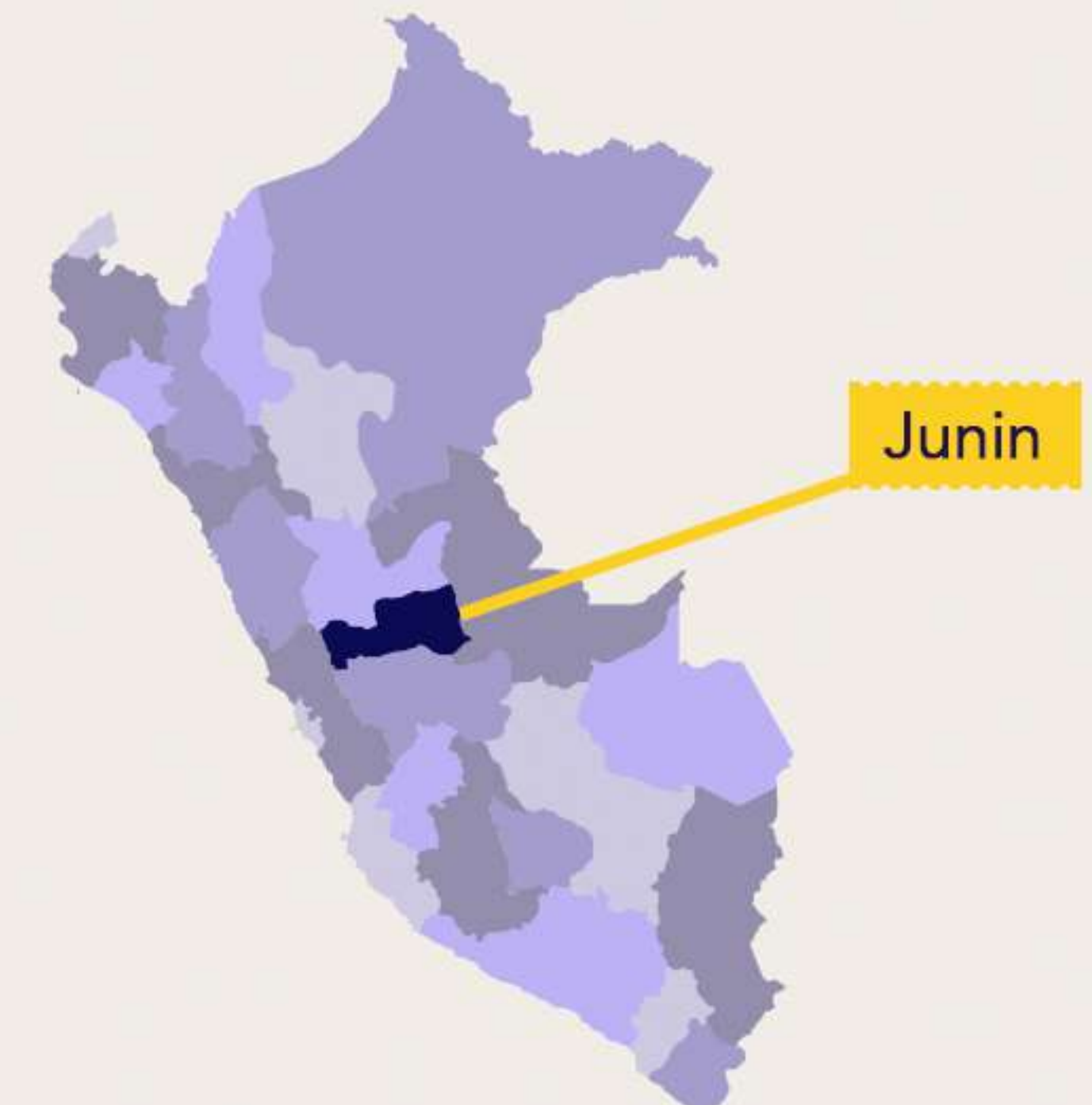


Pastry

SEASONALITY & ORIGIN

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Available



PRODUCT CERTIFICATIONS



QUALITY CERTIFICATIONS



Control Union
Fair Choice
Social and Fair
Trade Standard



