



BY DR. LARRY J. MILAM, H.M.D., PH.D.

HISTORY OF MACA

Indigenous people used Maca to treat numerous conditions, including anemia, tuberculosis, sterility and fatigue. Ethno-botanicals studies document the use of Maca for depression, cancer, menstrual and sexual disorders. Maca consumption by the Incas has been linked to virility and sexually power. Traditionally, it has been used to reverse the symptoms of andropause, which is a decline in men’s hormone levels, as they age.

MEDICINAL & APHRODISIAC

There are scientific studies on the aphrodisiac and fertility enhancing properties of Maca. Many scientists, doctors, and natural practitioners are finding Maca to be one of the best natural ways to regulate and support endocrine health.

Endocrine action helps regulate metabolism, energy levels, growth, sexual development, and a sense of well being. Maca is known as an adaptogenic herb which promotes the balance of hormone levels and helps moderate blood pressure.

Although, Maca does not contain hormones, it provides nutrients that are believed to fuel the endocrine system by supporting the glands natural production of vital hormones in precise amounts predetermined by one’s own body.

Maca works broadly in the body to contribute to an overall sense of well-being and is believed to nourish and calm the nerves with calcium, magnesium, phosphorous, Vitamin B1, B12, fatty acids, and a natural source of iodine.

Maca contains two groups of compounds called macamides and macaenes, which are believed to be responsible for the Maca’s sex-boosting powers.

WHAT IS MACA?

Maca (*Lepidium peruvianum* Ch.) is a root like vegetable, shaped like a radish that grows in the cold climate of the Andes in Peru at elevations up to 15,000 feet.

Maca is a member of the Brassicaceae family and is high in glucosinolates and isothiocyanates. Dried Maca contains about 59% carbohydrates, 10% protein, and 2.2% lipids.

New Spirit’s Maca Maca™ is GMO-Free, Organic and Kosher Certified. It is pure, whole raw dried Maca (no fillers) imported from Peru.

MACA IS A SUPERFOOD CONTAINING

Sterols	Vitamin B1 & B2	Amino Acids
Sitosterol	Vitamin C	Arginine
Campesterol	Niacin	Phenylalanine
Ergosterol	Magnesium	Minerals
Brassicasterol	Calcium	Iron
Ergostadienol	Potassium	Phosphorous
Alkaloids	Fiber	Zinc
Proteins	Tannins	Copper

HOW MUCH MACA MACA™ DO I NEED?

Maca Maca™ can be used up to 4 servings per day. There are no known side effects.

Maca is not generally recommended for women using estrogen blockers such as Tamoxifen, nor recommended for men with hormonally related cancers, such as prostate cancer. If you have these conditions or diseases consult your medical advisor before use.

SUPPLEMENT FACTS

Item #6008		
Serving Size: 1/2 teaspoon slightly rounded (1500mg)		
Servings Per Container: 80	Amt. Per Serving	%DV
Maca root powder (Lepidium peruvianum Ch.)	1500mg	†
†Daily Value has not been established.		

MACA MACA™

WOMEN'S HEALTH†

Instead of Hormone Replacement Therapy (HRT), millions of women are putting their faith in natural alternatives, including Maca, which have been used safely for thousands of years. Maca's dense nutrients go right to the body so it can again produce healthy level of hormones.

Historical evidence shows that Maca has been used by native women of Peru for hormonal imbalances, menstrual irregularities, fertility, and menopause symptoms, including hot flashes, vaginal dryness, loss of energy, night sweats, libido, depression and mood swings.

Maca contains no plant hormones. Instead its action relies on plant steroids, which act as triggers to help the body itself produce a higher level of hormones appropriate to the age and gender of the person taking it.

MEN'S HEALTH†

Research confirms Maca's broad tonic action on conditions such as fatigue and stress related sexual dysfunction. Men report increase vitality within two weeks, while the full effect continues to build over seven weeks.

According to a study by Dr. G.F. Gonzales in the *Asian Journal of Andrology*, Maca enhances fertility and libido in men. Maca maintains sexual desire and may increase sperm count through its action on the sex organs and the endocrine system.

Maca supports healthy erectile function and enables men to remain sexually active beyond middle age. The men remain healthier and safer because Maca has none of the side effects and dangers of male enhancement drugs.

ANTI-AGING BENEFITS†

Dr. Gary P. Gordon, founder and president of the International College of Advanced Longevity Medicine, suggests that Maca revitalizes the middle aged and mature body. He believes that the normalizing of steroidal hormones has the ability to slow aging.

Increased steroidal hormone levels slow the degenerative effects of aging like weight gain, loss of muscle mass, slower cognitive response, coronary and blood sugar issues.

MACA & THE ADRENALS†

Maca helps the body adapt to stress and boost energy by supporting the adrenals.

Healthy adrenals promote a healthy immune system, thyroid, and digestive system.

Annual studies reported in *Phototherapy Research* revealed that Maca reduces low density lipoproteins, total serum cholesterol, and triglycerides levels.

Maca also lowered blood glucose levels and improved glucose tolerance.

SUGGESTED USE

Try Maca Maca™ in your foods, drinks, and cereals.

Peruvian's make cookies, cakes, hot porridge, chips, and drinks with Maca root. A traditional Peruvian drink contained Maca, papaya, milk, honey, and vanilla.

Try Maca Maca™ in your own energy enhancer drink.

MACA ENERGY ENHANCER DRINK

½ tsp. of Maca Maca™
1-2 Tbl. Pomegranate Red or Aloe Papaya Juice Concentrate
1 tsp. of Green Magic™ powder
8 oz. purified water
Mix or blend with ice if desired
Optional ingredients: ¼ tsp of vanilla extract and honey to taste.

Add Ultra Whey-Pro™ protein powder for extra energy and staying power.

†All statements in this bulletin have not been evaluated by the FDA. This information is for educational and informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

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