

how to enjoy maca daily

This nutritious powder can be mixed in directly to smoothies, cereal, oatmeal, shakes, yoghurt, hot beverages, desserts, or it may be sprinkled over food or baked into cakes or cookies.

General rule for baking: For every teaspoon of maca added, subtract equal amount of flour from recipe. This works beautifully in banana cake and pumpkin spice cakes too. Substitute 1 tsp maca for 1 tsp flour per slice of cake.

Maca root powder has a distinct, nutty, almost butterscotch taste. Here are some beverages/smoothies which will compliment the taste of maca root.

Add only ¼ or ½ tsp if you wish for the maca flavor to be very mild. Experiment for yourself.

- ✓ Sweet Iced Tea
- ✓ Iced cappuccino
- ✓ Espresso (use ¼ teaspoon per cup)
- ✓ Any fruit-based smoothies with raw honey or Coconut Palm Granules

nature's superfoods' organic maca powder

Our maca powder is fresh-milled from sun-dried maca roots **(a special blend of yellow, red & black maca roots)** grown in the high altitudes of Junin, Peru.

We also offer Gelatinized Maca Root Powder for faster & easier absorption of active maca ingredients-suitable for those with sensitive digestive system.

Certified Fair Choice, Certified organic with USDA, EU, JAS. 100% pure maca root, non-irradiated, non-GMO.



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Recommended daily serving:
½-1 teaspoon (4g) per day. Start with ½ teaspoon then work your way up gradually. Take 1 week off after every month of usage in order to keep the body responsive to its phytonutrients. **Not recommended for children under the age of 3 and pregnant women.**

CAUTION: Do not combine the consumption of Maca Powder with anything hormone-related. This includes any phytoestrogens (Dong Quai, Black Cohosh, Coumestrol, Vitex/Chasteberry), progesterone creams, and Evening Primrose Oil.



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organic & raw, sun-dried maca root powder *the vitality superfood (known as peruvian ginseng)*

+ gelatinized maca powder

Maca is a radish-like tuberous root that has been cultivated and grown at high altitudes in the Andean Mountains of Peru (Junin Plateau) for thousands of years. Maca is well-known for its numerous health benefits and was part of the diet of the ancient Incas of South America years ago.

Today, maca is growing in popularity in countries like Japan, Europe and the United States due to its reputed energizing effects, fertility/libido enhancement and aphrodisiac qualities. Other traditional uses include increasing stamina and endurance in athletes, promoting mental clarity, helping with menstrual irregularities and with female hormonal imbalances, including menopause and chronic fatigue syndrome.

Maca is a known adaptogen. Adaptogens increase immunity by gradually improving the overall ability of the entire body to take on challenging and stressful situations. Maca is 100% natural and does not have any harmful side effects.

health benefits

- It raises energy levels, combats mental and physical fatigue and stress.
- Highly nutritious, balances the daily diet – a wholesome dietary supplement

Maca is abundant in amino acids, phytonutrients, essential fatty acids, vitamins (B1, B2, C & E) & minerals (calcium, magnesium, phosphorous, potassium, sulphur, sodium & iron). It is also rich in iodine. Just one glass of tea containing ¼ to 1

tsp (teaspoon) of raw maca root has more nutrients than 1 serving of most fruits and vegetables.



BOTANICAL NAME:
Lepidium meyenii, W&P



○ Stimulates the functioning of the endocrine system in both men and women- naturally balances hormones levels

The endocrine system is instrumental in regulating mood, growth and development, tissue function, and metabolism, as well as sexual function and reproductive processes.

Maca contains no hormones, yet has a rare set of nutrients that nourish the endocrine system, and supports the adrenal glands and the thyroid to produce hormones in proper dosages determined by the physical needs of an individual. It is a safe and effective non-estrogenic herb that works to naturally balance your hormone levels.

○ Anti-aging - it slows down the process of aging, enhances mental/ brain functions

Garry P. Gordon, MD, former president of the American College for Advancement in Medicine, now Founder and President of the International College of Advanced Longevity Medicine

maca roots



located in Chicago, Illinois, said about maca: "What I see in maca is a means of normalizing our steroid hormones like testosterone, progesterone, and estrogen. Therefore it has facility to forestall the hormonal changes of aging."

Dr. Ray Sahelian, M.D, points out, when researchers at Australia's Victoria University gave postmenopausal women daily doses of maca for six weeks, and compared them to a group receiving placebo pills, they found that the women who received the maca had a significant reduction in anxiety and depression, as well as improved sexual function.



maca powder

○ Alleviates the symptoms of menopause by stimulating balanced hormone production

A few doctors' comments on maca for menopause: Gabriel Cousens, MD, practicing internal medicine in Patagonia, Arizona, says, "Whenever possible, I prefer to use maca therapy rather than hormone replacement therapy, because HRT actually ages the body, diminishing the hormone producing capability of the glands. Maca has proven to be very effective with menopausal patients in eliminating hot flashes and depression and in increasing energy levels."

○ Prevents osteoporosis and various forms of anaemia

Maca contains high levels of absorbable calcium and magnesium. It promotes significant bone rebuilding and improvement in bone density.

○ Increases libido/fertility and sexual activity

Maca works primarily on the hypothalamus gland in the brain, triggering specific biochemical and neurochemical processes directly related to increased sexual drive and arousal.

Garry P. Gordon, MD, former

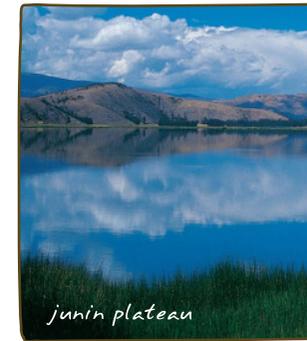
gelatinized maca does not mean maca mixed with gelatin.

Gelatinization is a process that breaks down starch chains, thus making the Gelatinized Maca powder more easily digested and its active ingredients more quickly absorbed by your body.

Both Raw Maca and Gelatinized Maca have similar taste and can be used interchangeably in recipes.

president of the American College for Advancement in Medicine, also said: "It acts on men to restore them to a healthy functional status in which they experience a more active libido. Lots of men and women who previously believed their sexual problems were psychological are now clearly going to look for something physiological to improve quality of life in the area of sexuality."

(Please remember: Maca root powder is 100% natural vegetable and everybody is unique in his or her body's response to any natural product.)



the interesting history behind maca

Maca is believed to have been cultivated in the Junin plateau of Peru's Central Highlands as far back as 2,000 years ago. The Incas were sophisticated architects, builders, and cultivators of the land. Among the many treasures held by the Inca and garnered by the Spanish was maca.

When Spanish conquistadores ventured into the high altitude of Peru's central highlands, they became concerned for the health and fertility of their livestock, especially their horses. In the highlands, there were no grasslands for grazing, and the thin air and hostile climate produced a precipitous drop in animal fertility.

The Inca recommended that the Spanish feed their horses the root-like maca, which grew abundantly in the area. The Spanish followed this advice, and were thus able to keep their horses well nourished and to return their fertility back to normal. The Spanish were deeply impressed.

The Spanish found strong, healthy babies and adults in the hostile highlands, a condition attributable to a diet consisting mostly of maca. The Inca, and subsequently the Spanish, consumed maca as a staple food, and fed it to livestock. The Spanish did not take a long time to figure out that whatever was in maca that enhanced animal fertility might likely promote a sexual effect in humans.

The Inca considered maca to be a gift from the gods, along with potatoes and corn. Maca was so highly prized by the Inca, that at the height of their civilization, it was used as a form of currency. The Spanish, plunderers of all Incan riches, discovered in maca a worthy aphrodisiac. (Hermann, NRC, Johns, Leon)