

## Maca Extract (Standard)

Cat. No. EXTW-006

Lot. No. (See product label)

### Introduction

#### Description

*Lepidium meyenii*, known commonly as maca, is an herbaceous biennial plant of the crucifer family native to the high Andes of Peru around Lake Junin. It is grown for its fleshy hypocotyl (a fused hypocotyl and taproot), which is used as a root vegetable, a medicinal herb, and a supposed aphrodisiac. Its Spanish and Quechua names include maca-maca, maino, ayak chichira, and ayak willku.

#### Applications

Maca extract is thought to be a powerful aphrodisiac and it can increase adrenaline hormone levels as well as the libido. The natural aging process can lower the sexual drive in both men and women. Maca extract is believed increase stamina and energy levels, which can make sexual experiences more enjoyable. Maca is used for anemia; chronic fatigue syndrome; and enhancing stamina, energy, athletic performance, memory, and fertility. Women use maca for female hormone imbalance, menstrual problems, and symptoms of menopause. Maca is also used for osteoporosis, erectile dysfunction, stomach cancer, depression, leukemia, HIV/AIDS, tuberculosis, to arouse sexual desire, and to boost the immune system. In agriculture, it is used to increase fertility in livestock. In foods, maca is eaten baked or roasted, prepared as a soup, and used for making a fermented drink called maca chicha.

### Product Information

#### Molecular Formula

C<sub>25</sub>H<sub>37</sub>N<sub>2</sub>O<sub>2</sub>

#### Molecular Weight

383.56

#### Purity

0.6~3.0% Macamide HPLC

#### Function

Indications: Enhancing stamina

#### Notes

Maca side effects: Maca root has few side effects or safety, risk concerns. High doses could lead to insomnia but as a rule it is quite safe as long as reasonable amounts are consumed.