

MACA (MAKA)

Lepidium meyenii or maca is an herbaceous biennial plant or annual plant (some sources say a perennial plant) native to the high Andes of Bolivia and Peru. It is grown for its fleshy hypocotyl (actually a fused hypocotyl and taproot), which is used as a root vegetable and a medicinal herb. Its Spanish and Quechua names include maca-maca, maino, ayak chichira, and ayak willku.

Constituents

In addition to sugars and proteins, maca contains uridine, malic acid and its benzoyl derivative, and the glucosinolates, glucotropaeolin and m-methoxyglucotropaeolin. The methanol extract of maca tuber also contained (1R, 3S)-1-methyltetrahydro-carboline-3-carboxylic acid, a molecule which is reported to exert many activities on the central nervous system.

The nutritional value of dried maca root is high, similar to cereal grains such as rice and wheat. It contains 60% carbohydrates, 10% protein, 8.5% dietary fiber, and 2.2% fats. Maca is rich in essential minerals, especially selenium, calcium, magnesium, and iron, and includes fatty acids including linolenic acid, palmitic acid, and oleic acids, and 19 amino acids, as well as polysaccharides.

Maca's reported beneficial effects for sexual function could be due to its high concentration of proteins and vital nutrients, though maca contains a chemical called p-methoxybenzyl isothiocyanate, which reputedly has aphrodisiac properties.



www.bolivianland.net



Maca Pure



Maca Mate



Maca Tea



Pure Maca in capsules



Pure Maca in powder

Código: AA-018