



# MACA POWDER

1 pound (16 oz)

Retail price: \$24.00

**Description:** Maca is growing in world popularity due to its energizing, fertility, nutritious, and tonic effects.\* Raintree's maca has been organically grown in the Andes Mountains of Peru and includes all three color cultivars: red, yellow and black. For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online [Tropical Plant Database](#).

**Traditional Uses:**\* as a natural source of nutrients (amino acids, minerals, etc.); to support endocrine function; to reduce fertility problems (both male and female); to support erectile function; as an aphrodisiac

**Ingredients:** 100% pure maca root (*Lepidium meyenii*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated.

**Suggested Use:** Take one tablespoon (about 10 g) 1-3 times daily or as desired. This powder can be stirred into water, juice, or smoothies—heating or cooking is not required (or recommended). It can be stuffed into capsules, or combined with other herbs or foods.

**Contraindications:** None reported.

**Drug Interactions:** None reported.

**Other Observations:** None reported.

**Clinical Documentation and Research:**\* This Raintree product has not been the subject of any clinical research. Available third-party documentation and clinical research on maca be found at the Raintree website or on [Medline/PubMed](#). A partial listing of the research on maca is shown below:

## Fertility Enhancement Actions:

Gonzales, G. F., et al. "Effect of Black maca (*Lepidium meyenii*) on one spermatogenic cycle in rats." *Andrologia*. 2006 Oct; 38(5): 166-72.

Rubio, J., et al. "*Lepidium meyenii* (Maca) reversed the lead acetate induced -- damage on reproductive function in male rats." *Food Chem. Toxicol.* 2006; 44(7): 1114-22.

Ruiz-Luna, A.C., et al. "*Lepidium meyenii* (Maca) increases litter size in normal adult female mice." *Reprod. Biol. Endocrinol.* 2005 May; 3(1): 16.

Bustos-Obregon, E., et al. "*Lepidium meyenii* (Maca) reduces spermatogenic damage induced by a single dose of malathion in mice." *Asian J. Androl.* 2005 Mar; 7(1): 71-6.

Gonzales, C., et al. "Effect of short-term and long-term treatments with three ecotypes of *Lepidium meyenii* (MACA) on spermatogenesis in rats." *J. Ethnopharmacol.* 2006 Feb 20; 103(3): 448-54.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (Maca) on spermatogenesis in male rats acutely exposed to high altitude (4340 m)." *J. Endocrinol.* 2004; 180(1): 87-95.

Gonzales, G. F., et al. "*Lepidium meyenii* (maca) improved semen parameters in adult men." *Asian J. Androl.* 2001; 3(4): 301-3.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca) roots on spermatogenesis of male rats." *Asian J. Androl.* 2001; 3(3): 231-33.

## Endocrine / Adrenal Actions:

Lopez-Fando, A., et al. "*Lepidium peruvianum* Chacon restores homeostasis impaired by restraint stress." *Phytother. Res.* 2004; 18(6): 471-4.

Zhang, Y., et al. "Effect of ethanol extract of *Lepidium meyenii* Walp. on osteoporosis in ovariectomized rat." *J. Ethnopharmacol.* 2006 Apr; 105(1-2): 274-9.

## Anti-Depressant Actions:

Rubio, J., et al. "Effect of three different cultivars of *Lepidium meyenii* (Maca) on learning and depression in ovariectomized mice." *BMC Complement. Altern. Med.* 2006 Jun 23; 6:23.

### **Male Sexual Performance / Enhancement Actions:**

Cicero, A. F., et al. "Hexanic maca extract improves rat sexual performance more effectively than methanolic and chloroformic maca extracts." *Andrologia*. 2002; 34(3): 177–79.

Cicero, A. F., et al. "*Lepidium meyenii* Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity." *J. Ethnopharmacol*. 2001; 75(2–3): 225–29.

Zheng, B. L., et al. "Effect of a lipidic extract from *Lepidium meyenii* on sexual behavior in mice and rats." *Urology* 2000; 55(4): 598–602.

### **Hormonal Actions:** (studies showing maca does **NOT** increase testosterone, estrogen, or progesterone)

Bogani, P., et al. "*Lepidium meyenii* (Maca) does not exert direct androgenic activities." *J. Ethnopharmacol*. 2006 Apr; 104(3): 415-7.

Gonzales, G. F., et al. "Red maca (*Lepidium meyenii*) reduced prostate size in rats." *Reprod. Biol. Endocrinol*. 2005; 3(1): 5.

Chung, F., et al. "Dose-response effects of *Lepidium meyenii* (Maca) aqueous extract on testicular function and weight of different organs in adult rats." *J. Ethnopharmacol*. 2005 Apr; 98(1-2): 143-7.

Gonzales, G. F., et al. "Effect of alcoholic extract of *Lepidium meyenii* (Maca) on testicular function in male rats." *Asian J. Androl*. 2003 Dec; 5(4): 349-52.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca), a root with aphrodisiac and fertility-enhancing properties, on serum reproductive hormone levels in adult healthy men." *J. Endocrinol*. 2003; 176(1): 163–68.

Gonzales, G. F., et al. "Effect of *Lepidium meyenii* (maca) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men." *Andrologia*. 2002; 34(6): 367–72.

### **Hormonal Actions:** (studies showing maca with a slight estrogenic action)

Valentova, K., et al. "The in vitro biological activity of *Lepidium meyenii* extracts." *Cell. Biol. Toxicol*. 2006 Mar; 22(2): 91-9.

This product is sold through [Raintree Nutrition](#) and in retail stores. Please contact a health professional concerning other observations and/or effects of this product and/or if you have any disease, condition, or illness for which you are seeking treatment or products for.

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\*The statements contained herein have not been evaluated by the Food and Drug Administration.  
This product is not intended to treat, cure, or prevent any disease.