



MACA CAPSULES

100 capsules / 500 mg each

Retail price: \$18.95

Maca is growing in world popularity due to its energizing, fertility, nutritious, and tonic effects.* Raintree's maca capsules are sold in bottles of 100 capsules with 500 milligrams per capsule of pure ground maca root—rich in the nutrients and beneficial phytochemicals which occur naturally in this plant. We use no binders or fillers so the capsules are 100% pure finely milled maca powder. 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*).

Suggested Use: Take 4 capsules 2 or more times daily.

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 and on [PubMed](#). A partial listing of the published research on maca is shown below:

Fertility Enhancement Actions:

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.* 2005 Sep 17;

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.

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.* 2005 Oct 17;
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.

**Nutritional Profile of Dried Maca Root
(Average 10 gram serving)**

Component	per 10 g	Amino Acids	per 10 g	Minerals	per 10 g
Protein	1-1.4 g	Alanine	63.1 mg	Calcium	25 mg
Carbohydrates	6-7.5 g	Arginine	99.4 mg	Copper	0.6 mg
Fat	220 mg	Aspartic acid	91.7 mg	Iron	1.5 mg
Fiber	850 mg	Glutamic acid	156.5 mg	Iodine	52 mcg
Ash	490 mg	Glycine	68.3 mg	Manganese	80 mcg
Sterols	5-10 mg	Histidine	41.9 mg	Potassium	205 mg
Calories	32.5	HO-Proline	26.0 mg	Sodium	1.9 mg
		Isoleucine	47.4 mg	Zinc	380 mcg
		Leucine	91.0 mg		
Vitamins	per 10 g	Lysine	54.5 mg	Lipids	per 10 g
B-2	39 mcg	Methionine	28.0 mg	Linoleic	72 mcg
B-6	114 mcg	Phenylalanine	55.3 mg	Palmitic	52 mcg
C	28.6 mg	Proline	0.5 mg	Oleic	24.5 mcg
Niacin	565 mcg	Sarcosine	0.7 mg		
		Serine	50.4 mg		
		Threonine	33.1 mg		
		Tryptophan	4.9 mg		
		Tyrosine	30.6 mg		
		Valine	79.3 mg		

This product is sold through [Raintree Nutrition](#) and 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.