

Product Information Sheet

Food4Hope & Purple Cushhh Maca Root Powder

60 Capsules (Adults: Take 2 Capsules per day: Take with water on empty stomach. Children under 12: 1 Capsule daily)

The benefits of Maca Root may include Libido and Fertility, Hormone and Mood, Energy and Muscle, Brain and Anti-aging

Ingredients

Maca Root Powder (Known as Peruvian Ginseng) High in Vitamins & Minerals

Maca is a Peruvian plant that may have various health benefits, such as boosting libido, increasing energy, and improving mood. It may also help manage menopause symptoms and blood pressure.

Maca grows in the Andes mountains. It is a cruciferous vegetable, meaning that it is related to broccoli, cabbage, and kale.

The most well-known benefit of maca root is its potential to increase libido. Maca root could also have benefits for people with erectile dysfunction (ED). The effect of consuming 2.4g of maca root per day for 12 weeks on participants' perception of their general and sexual well-being.

Some athletes and bodybuilders use maca root as a supplement to increase energy and performance.

Another widespread use of maca root is to increase fertility, particularly in men. Maca root may increase semen quality in both fertile and infertile men.

Maca contains flavonoids, which are thought to improve mood and reduce anxiety. A study in 14 postmenopausal women found that maca may reduce feelings of anxiety and depression.

Maca might help protect the skin from UV rays. The extracts from maca leaves might help prevent the formation of sunburn cells.

Maca root also promotes natural antioxidants in the body, such as glutathione and superoxide dismutase. Antioxidants help to fight off free radicals, which can damage cells in the body. Some people believe antioxidants can help prevent some health conditions, including heart disease and cancer.

Some proponents of Maca root believe it may help balance levels of the hormone estrogen. During perimenopause, the stage before a woman reaches menopause, estrogen levels fluctuate and cause a variety of symptoms. Postmenopausal women taking Maca, experience reduced symptoms, such as hot flashes and night sweats.

Maca may have benefits for learning and memory performance. Researchers suggested that it could be helpful in treating conditions that affect these processes, such as Alzheimer's disease.

CAUTION

Consult a Health Practitioner if taking chronic medication, having a chronic disease, being pregnant or breastfeeding, having Hormone-sensitive conditions Keep out of reach of children. Do not take 2 weeks prior to surgery.

DISCLAIMER

This product is not intended to cure or treat any disease. This statement has not been evaluated by the SAPHRA

