MEET MACA. THIS HOT PERUVIAN HERB IS THOUGHT TO HELP BOOST LIBIDO AND FERTILITY IN MEN, AND OFFERS MULTIPLE BENEFITS FOR WOMEN, TOO

Here's a brief look at a few of maca's healthy attributes—and some reasons you may want to try it.

Multitalented
Maca is used primarily for enhancing libido and fertility, and treating erectile dysfunction (ED). The herb is lately being suggested for easing PMS and menopause symptoms, such as night sweats, hot flashes and low libido.

Ancient Healer of the Andes
The first recorded use of maca as an herbal medicine dates back to the 17th century in South America, where it was believed to enhance fertility, sexual desire, strength and endurance. Native to the Peruvian Andes, this tuber, related to turnips and radishes, has been consumed by locals for approximately 2,000 years. Maca contains vitamins, minerals, protein, carbohydrates, fiber, amino acids and fatty acids.

Clinically Studied
Preliminary human research suggests maca may enhance both libido and fertility in men without affecting testosterone or other hormone levels.

While there are no human studies on maca and women, animal research suggests that maca has estrogenlike effects, and that it may also enhance female fertility and help prevent menopause problems related to low estrogen, such as osteoporosis. Maca's ability to mimic estrogen in a positive way may explain its growing popularity as a PMS remedy. Maca may also be helpful for arthritis. According to a test-tube study on human cartilage, maca promoted nitric oxide (NO) production in cartilage. NO, which results from a natural bodily process, is thought to help decrease inflammation and increase circulation. Researchers theorize that maca improves ED by boosting NO production to the penis.

Mustard Family Member
Like other members of the mustard family, maca contains glucosinolates, which are responsible for the pungent taste and odor. Glucosinolates, taken in excess along with a low-iodine diet, can lead to the development of goiter, when the thyroid gland is enlarged and thyroid hormone production decreases. However, there are no known reports of maca causing goiter.

Maca's safety has not been established, although it is considered to have little (if any) toxicity, as it has been a staple in Peru for thousands of years. According to research, maca not only is nontoxic to the liver, but appears to have a liver-protective effect.

THE DOSAGE YOU NEED
A typical dosage for maca is 500-1000mg 3 times daily of the dried root powder. There are no known drug interactions. Avoid if you are pregnant or nursing.

QUICK TIP: Fend off fatigue
Latin American doctors often recommend maca to patients complaining of general fatigue. Tired? Give the herb a try and see if it affects your energy levels.

PLANTERAL HERBALS FULL SPECTRUM MACA EXTRACT was created as a traditional formula to enhance stamina and endurance.

NOW FOODS MACA 500mg contains three of the herb's most active compounds (alkaloids, saponins and tannins) to aid with fertility and virility.

RAINBOW LIGHT MACA MEN'S DRIVE 1600 is a stimulant-free formula with maca and the herb muira puama that helps to support sexual energy.

BETTER WORLD SHAMAN SMOOTHIES MACA SPICED CHAI combines maca with honey, oat fiber and whey protein—it makes a great morning pick-me-up in place of coffee.

GAIA MALE LIBIDO LIQUID PHYTO-CAPS is designed to increase male stamina and performance, and helps to promote adaptation to stress.