

# STATEMENT

Tarapoto, 17 February 2022

Concerns: **Maca Powder / Gelatinized Maca Powder**

To whom it may concern,

OrganicCrops can only provide proven facts and information. Maca offers various benefits that have not yet been scientifically proven but have been used by Peruvians since Inca times as such.

## General Benefits

### 1. Maca is Highly Nutritious

Maca root powder is very nutritious, and is a great source of several important vitamins and minerals (2). One ounce (28 grams) of maca root powder contains:

- Calories: 91
- Carbs: 20 grams
- Protein: 4 grams
- Fibre: 2 grams
- Fat: 1 gram
- Vitamin C: 133% of the RDI
- Copper: 85% of the RDI
- Iron: 23% of the RDI
- Potassium: 16% of the RDI
- Vitamin B6: 15% of the RDI
- Manganese: 10% of the RDI

Maca root is a good source of carbs and protein, is low in fat and contains a fair amount of fibre. It's also high in some essential vitamins and minerals, such as vitamin C, copper and iron.

Furthermore, it contains various plant compounds, including glucosinolates and polyphenols.

### 2. It Increases Libido in Men and Women

Reduced sexual desire is a common problem among adults. Consequently, interest in herbs and plants that naturally boost libido is great. Maca has been heavily marketed as being effective at improving sexual desire, and this claim is backed by research. A review from 2010 that included four randomized clinical studies with a total of 131 participants found evidence that maca improves sexual desire after at least six weeks of ingestion.

### 3. It May Increase Fertility in Men

When it comes to male fertility, sperm quality and quantity is very important. There is some evidence that maca root increases men's fertility. A recent review summarized the findings of five small studies. It showed that maca improved semen quality in both infertile and healthy men.

One of the studies reviewed included nine healthy men. After consuming maca for four months, researchers detected an increase in the volume, count and motility of sperm.

### 4. Maca Can Improve Your Mood

Several studies have shown that maca can enhance your mood.

It's been associated with reduced anxiety and symptoms of depression, particularly in menopausal women. Maca contains plant compounds called flavonoids, which have been suggested to be at least partly responsible for these psychological benefits.

### 5. It May Boost Sports Performance and Energy

Maca root powder is a popular supplement among bodybuilders and athletes.

It has been claimed to help you gain muscle, increase strength, boost energy and improve exercise performance. Also, some animal studies indicate that it enhances endurance performance.

Moreover, one small study in eight male cyclists found that they improved the time it took them to complete a nearly 25-mile (40-km) bike ride after 14 days of supplementing with maca extract.

Currently, there is no scientific evidence to confirm any benefits for muscle mass or strength.

### 6. It May Improve Learning and Memory

Maca may improve brain function. In fact, it has traditionally been used by natives in Peru to improve children's performance in school. In animal studies, maca has improved learning and memory in rodents that have memory impairment. In this regard, black maca appears to be more effective than other varieties.

### 7. It May Reduce Prostate Size

The prostate is a gland only found in men. Enlargement of the prostate gland, also known as benign prostatic hyperplasia (BPH), is common in aging men (31). A larger prostate can cause various problems with passing urine, as it surrounds the tube through which urine is removed from the body.

Interestingly, a few studies in rodents suggest that red maca reduces prostate size.

It has been proposed that the effect of red maca on the prostate is linked to its high amount of glucosinolates. These substances are also associated with a reduced risk of prostate cancer.

## Maca for Women

For women, the benefits of regular maca consumption are substantial. While maca benefits both men and women, we're going to focus specifically on how it can boost female quality of life. The following benefits of maca for women are now supported by modern research.

## 1. Normalizes Menopause Symptoms

Maca root has been used extensively as a hormone balancer, and research shows that its high nutrient density and phytochemical content may be the underlying contributors to this effect. Researchers observed that a maca root supplement helped modulate many common symptoms of menopause, such as hot flashes, sleep disruptions, night sweats, and depression. A similar study found women who took maca root enjoyed significant relief from symptoms associated with menopause.

## 2. Improves Sexual Function

Female sexual dysfunction depends on a multitude of factors, with the woman's age, lifestyle, and medical/nutritional status being the primary elements. Although conventional medicine has created pharmaceutical agents designed to increase sexual desire and satisfaction in women, these products are often laden with side effects that can create more problems than previously existed.

One study examined the effectiveness of maca supplementation for remedying sexual dysfunction in women as a result of taking SSRIs, commonly-prescribed antidepressants. Women in the study enjoyed an improvement in sexual satisfaction when taking the highest dose of three grams per day.

## 3. Aphrodisiac

While research is sparse on its effectiveness for being a sure-fire aphrodisiac, some small-scale studies indicate maca's possible use in the bedroom. Not surprisingly, maca root has a centuries-long reputation for being a powerful aphrodisiac. Loaded with minerals like zinc, iodine, and essential fatty acids, maca may balance sex hormones and may also improve mood. With a healthy mood and balanced hormone levels, arousal is usually much easier to achieve.

## 4. Supports Mood

Nutrition research shows that natural fatty acids found in foods, including maca root, is necessary for supporting mood and overall brain health. An examination of maca's protective effect for the brain has shown promising results, offering many researchers hope for finding a natural alternative to cognitive-enhancement drugs. Fatty acids in maca root support brain function, which may be responsible for stabilizing analytical skills, cognitive function, and rational thinking. Many doctors focused on holistic wellness often recommended omega-3 fatty acids (like the ones found in maca) as a first step toward alleviating certain symptoms associated with depression, anxiety, and stress.

## 5. Fertility

Infertility is a growing concern for both women and men, so it's no surprise many people today turn to natural alternatives for improving fertility. So far, research has only examined maca root's impact on fertility in animals, but much of the research shows promising results. Animal studies support maca's traditional use as a fertility enhancer, especially for females, particularly its ability to increase serum luteinizing hormone in the pituitary gland. This hormone is associated with fertility and other factors in the body.

## 6. Maintains Bone Density

Maintaining bone density is a common problem for many women as they age. Studies of maca's effect on menopausal symptoms have found that it increases important marker's associated with bone

density. This could be helpful for women who have a family history of osteoporosis, or for those who are simply seeking to protect their bone health.

## 7. Energy Enhancer

Maca is rich in vitamins, minerals, essential fatty acids, and protein. These nutrients naturally support energy levels and aid in recovery from injury. Numerous studies have evaluated maca root for its role in athletic performance for these exact reasons. Even if you're not an athlete, incorporating maca into your daily routine could be an excellent way to bring a spring back into your step.