

SUPER



# MACA

Maca — a nutritionally dense Peruvian root — is well known for its invigorating properties.



Maca powder contains natural adaptogenic properties to help balance hormones. Several studies have shown that maca powder helps to alleviate sexual dysfunction in adults.



## HEALTH BENEFITS:

- High in **IRON** and **IODINE** to promote cell growth and support a healthy metabolism
- Contains **POTASSIUM** to aid digestion, muscle contraction and overall function
- Great source of easily absorbed **CALCIUM** to help boost endurance



## EASY WAYS TO INCORPORATE INTO FOOD:

Slightly nutty with a hint of butterscotch, 1-2 teaspoons of maca powder is a great addition to smoothies and hot chocolate. Or, fold into your favorite dessert recipes as an easy way to boost your vitamin B intake.



[health.clevelandclinic.org](http://health.clevelandclinic.org)

### Sources

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