

# **General Benefits\* of MACA for Men and Women**

(Not a comprehensive listing)

## **Benefits (uses) of Maca root for Men**

- Maca increases aphrodisiac activity.
- Enhances libido.
- Increases energy, stamina and endurance.
- Improvement of male potency.
- Helps to overcome depression.
- Found to produce a "general sense of well-being".
- DHEA level increases significantly in a majority of the males treated with it.
- Helps in stress treatment.
- Increases sperm count (oligospermia), count of mobile spermatozoids and mobility, formation of spermatozoids (spermatogenesis).
- Improves athletic performance.
- Hormone balancing.
- Increased testosterone levels.
- Maca helps with Erectile Dysfunction.
- Fertility enhancement.
- Helps fight acne resulting from hormonal imbalances.

## **Benefits (uses) of Maca root for Women**

- Maca increases aphrodisiac activity.
- Enhances libido.
- Increases energy.
- Maca increases sexual stimulation.
- Helps to overcome depression.
- Found to produce a "general sense of well-being".
- Helps in stress treatment.
- Helps alleviate menopause symptoms.
- Maca reduces hot flashes.
- Hormone balancing.
- Improves athletic performance.
- Corrects PMS associated problems.
- Maca helps alleviate menstrual pain.
- Corrects menstrual irregularity.
- Helps with acne resulting from hormonal imbalances.
- Helps hormonal related skin problems.
- Maca decreases stress.
- Maca decreases anxiety.

\* The statements contained herein have not been evaluated by the Food and Drug Administration (FDA). The information contained in the following pages is intended for education, entertainment and informational purposes only. This information is not intended to be used to diagnose, prescribe or replace proper medical care. The plant described herein is not intended to treat, cure, diagnose, mitigate or prevent any disease.