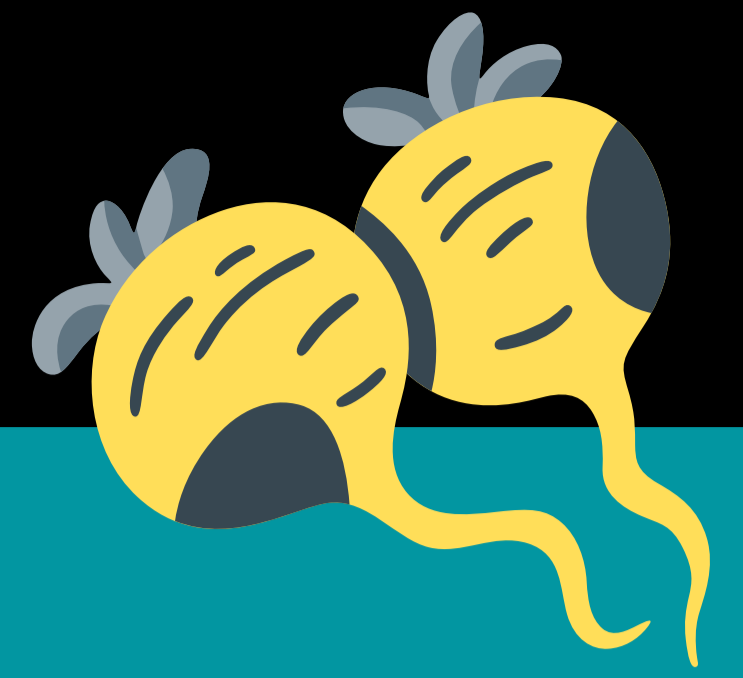


Mighty Maca



WHAT IS MACA?

Scientific name: *Lepidium meyenii*

- A root vegetable native to the high-altitude regions of the Andes Mountains in South America, particularly in Peru and Bolivia.
- Often referred to as "Peruvian ginseng" due to its reputed health benefits.
- Typically consumed in powdered form and used as a supplement or added to various foods and beverages.
- Comes in several different colors, and each color is associated with slightly different nutritional profiles and potential health benefits.
- When choosing maca products, opt for high-quality, organic options when possible to ensure purity and potency.
- Consider the specific type of maca (yellow, red, black, or purple) that aligns with your intended health goals.

TYPES OF MACA



Yellow Maca

- This is the most common and widely available variety of maca.
- It is known for its energy-boosting properties and is often used to support stamina and endurance.
- Yellow maca is also believed to help balance hormones, enhance fertility, and support overall vitality.

Red Maca

- Red maca is known for its potential to support prostate health and fertility in men.
- It is believed to have a positive impact on sperm count and quality.
- Additionally, it may help with energy levels, mood, and overall well-being.

Black Maca

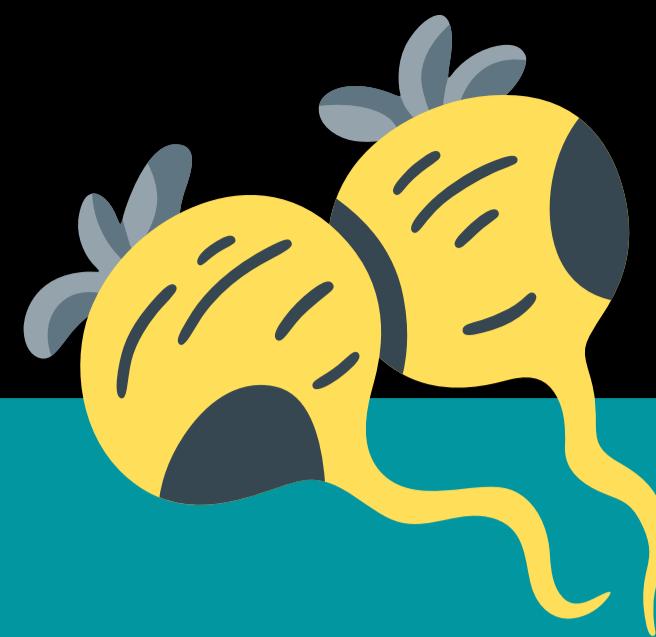
- The rarest and most potent type of maca.
- It is often associated with improved cognitive function, memory, and focus.
- It may also have positive effects on bone health and endurance.
- Some research suggests it can help balance hormones in both men and women.

Purple Maca

- Purple maca is less common than the other varieties but is gaining popularity.
- It is considered a good source of antioxidants and may have potential benefits for heart health and brain function.
- Additionally, it may support hormone balance and overall vitality.

FLCCC[®] ALLIANCE

Mighty Maca



BENEFITS

Fertility and Reproduction

- Used in South America to enhance fertility and reproductive health in both men and women.
- Some studies suggest that maca may improve sperm quality, count, and motility in men, as well as support hormonal balance in women.
- However, more research is needed to establish its effectiveness in this regard.

Hormone Regulation

- Often used to help balance hormones, particularly in women experiencing symptoms of menopause or irregular menstrual cycles.
- It may alleviate symptoms such as hot flashes, mood swings, and vaginal dryness.
- Again, more research is needed to confirm these effects.

Energy and Stamina

- Maca is believed to boost energy levels and increase stamina and endurance.
- Athletes and individuals seeking an energy boost sometimes use maca as a natural performance enhancer.

Cognitive Function

- Some studies have suggested that black maca, in particular, may have cognitive-enhancing properties, potentially improving memory, focus, and mental clarity.
- However, more research is needed to validate these claims.



Bone Health

- Maca contains essential minerals like calcium and phosphorus, which are important for bone health.
- Some research suggests that maca may help improve bone density and reduce the risk of osteoporosis, but further studies are necessary to confirm these findings.

Mood and Stress

- Maca is sometimes used as an adaptogen, which means it may help the body adapt to and cope with stress.
- It is believed to have mood-balancing properties and may alleviate symptoms of anxiety and depression, although scientific evidence in this area is limited.

Antioxidant Properties

- Maca contains antioxidants, which can help protect the body against oxidative stress and free radical damage.
- Antioxidants are known for their potential role in reducing the risk of chronic diseases.

Libido and Sexual Health

- Maca has a reputation as an aphrodisiac and is often used to enhance libido and sexual function in both men and women.
- Some users report improved sexual desire and performance, but more research is needed to determine its effectiveness.

Mighty Maca



HOW TO USE IT



Yogurt and Smoothies

- Use maca powder in your yogurt or yogurt based dishes.
- Add 1 to 2 teaspoons of maca powder to your favorite yogurt or smoothie and blend.



Oatmeal

- Use maca powder in your oatmeal.
- Add 1 to 2 teaspoons of maca powder.



Hot Beverages

- Add maca powder to coffee, tea, or hot chocolate.
- Add 1 to 2 teaspoons to your hot drink.



Baking

- Incorporate maca powder into recipes for muffins, pancakes, or energy bars.
- Add 1 to 2 teaspoons to your baking mix.

Liquid Extract



- Liquid maca extracts are concentrated forms of maca.
- You can mix them into water, juice, or other beverages for a quick and easy way to consume maca.
- Follow the dosage instructions on the product label, as liquid extracts can vary in concentration.

Capsules or Tablets



- Available in the form of capsules or tablets, which offer a convenient and precise way to take maca.
- Follow the recommended dosage on the product label, typically 1 to 3 capsules or tablets per day with meals or as directed by a healthcare professional.