

BLACK MACA

Lepidium meyenii

The black Maca grows on the 4,000 m of height, in the central Andes of Peru and has the following qualities:

- It favors a better performance to the physical resistance. (1)
- Helps increase sperm production, improving male fertility. (3)
- Helps improve sexual desire and performance in both sexes; And in males a significant effect on mild erectile dysfunction has been reported. (6)
- Helps improve female reproductive function. (4) (7) (2)
- Helps to gain better benefits in memory performance and learning. (4)
- It has a greater neuroprotective effect, being able to revert damages caused by degenerative diseases like alzheimer, in greater proportion. (8)
- It helps a greater decrease of stress and anxiety than other varieties of stretchers. (8) (4)
- Helps reduce glucose levels. (9)
- Helps reduce the size of the prostate in benign hyperplasia. (10) (11)
- Helps reduce blood pressure and improve health. (11)

RED MACA

Lepidium meyenii

The red Maca grows in the Central Andes of Peru to more than 4,000 m of height; Its main qualities are:

- Helps reduce stress. (1)
- Helps reduce glucose levels (1)
- It has a higher proportion of antioxidants than other varieties of maca, helping to retard aging and physical deterioration. (2) (3)
- Helps reduce depression and anxiety in adults (2)
- Helps combat osteoporosis by preventing the loss of bone mass and repairing bone tissue. (4) (8)
- Reduces psychological symptoms of the post-poor stage, including anxiety and depression. (5)
- Helps reduce and improve blood pressure. (1)
- Helps protect the neurological system. (6)