



Maca: Treasure of the Andes

“The wondrous effects of maca has been passed down for generations and has been studied & tested by nutritional researchers and scientists.”

A plant that grows in the Andes Mountains of central Peru called Maca, spelled M-A-C-A, is called the "Treasure of the Andes" for its amazing health benefits. From ancient times, the Peruvians passed down thru the generations the wondrous effects of the maca root. In recent years Maca has been studied and tested by nutritional researchers and scientist. As it turns out, there really is something to it. Maca is a cruciferous vegetable and therefore related to broccoli, cauliflower, cabbage and kale. The main edible part of the plant is the root, which grows underground and exists in several colors from white, yellow-gold to purple and black.

Maca is considered an adaptogen, a name given to certain herbs, plants and natural substances that help the body naturally adapt to stressors like physical stress or illness, and emotional stress like a busy schedule,



a demanding lifestyle or overwhelming situations.

Maca provides many micro-nutrients and is jam-packed with antioxidants. Maca has been shown to improve sexual health, balance hormone levels and boost energy, mood and memory.

Also, maca root is considered nutritious and a source of several important vitamins and minerals. Maca contains protein, fiber, vitamin C, copper, iron, potassium, vitamin B6 and manganese.

A test-tube study in 2014 demonstrated that polysaccharides extracted from Maca had high antioxidant activity and were effective in fighting free radical damage.

An animal study in the Czech Republic even found that administering a concentrated dose of maca to rats not only improved their antioxidant status but also significantly decreased levels of cholesterol and triglycerides in the liver and reduced blood sugar, helping prevent the development of chronic disease. Another test-tube

study showed that the antioxidant content of maca leaf extract could even protect against neurological damage.

Multiple studies have confirmed that maca benefits both male and female sexual health. One study looked at the effects of maca root on post-menopausal women with sexual dysfunction caused by the use of antidepressants. Compared to placebo, maca root was able to significantly improve sexual function.



began to explore the development of a maca supplement. As with all their products, they wanted the purest, most bioavailable maca they could find. So they headed to Peru, straight to the source where maca grows naturally at high altitudes in the Andes.

After locating and verifying the best source of maca, they created a bio-fingerprint to use as a standard. A bio-fingerprint is like a template, identifying at a molecular level the type, strength, and qualities such as anti-

oxidant and flavonoid level, freshness and effectiveness. Any maca shipped to Biotics must match the template or it is rejected.

Maca from Biotics Research Corporation is called b-Vital. b-Vital contains 750 mg of Peruvian Maca and 50 mg Velvet Deer Antler.

bVital is well known for its libido boosting effect; but many people take it to enhance mood and memory, balance hormones, or help with menopause. Also, people take b-Vital for energy before their workout.

You can be sure, that b-Vital contains legitimate, premium maca, with NO corners cut. Start out with 2 capsules 2 times a day; and if you have questions, contact your Wellness clinician.

For convenience, PLACE YOUR ORDER on this page and b-Vital will be shipped directly from your clinician to you. For the wonders of maca, the "Treasure of the Andes," give b-Vital a try.

A study in 2008 also found that maca root benefits both psychological symptoms and sexual function in post-menopausal women. In fact, maca was able to reduce menopause-associated depression and anxiety after 6 weeks of treatment. Maca can balance female sex hormones and has even been shown to alleviate symptoms of menopause, including hot flashes and interrupted sleep.

Balancing hormone levels is crucial to many aspects of reproductive health and can help reduce symptoms like infertility, weight gain and bloating.

As for men, clinical trials have shown that maca can augment testosterone levels by as much as 50%. A study in 2001 found that maca helped improve sperm quality and motility, two important factors when it comes to male fertility.

Learning of the benefits of maca years ago, the team at Biotics Research Corporation

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