



Maca

Maca grows at 12,500-14,500 feet above sea level in the Andean plateaus of central Peru. The Maca root was domesticated about 2000 years ago by the Incans. Native Peruvians used the Maca root for its nutritional and medicinal purposes even earlier than the Incas. The Maca root is an important source of nutrition for the indigenous populations of the region.

It has life-sustaining, energizing and libido enhancing properties.

