



NATURE'S SUNSHINE

Maca

GOOD FOR

Male Reproductive System

Endocrine System

Adrenals

SIZE **90 Capsules**ITEM # **1117**SERVING **1**SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Maca is a time-honored root from the high peaks of the Peruvian Andes, prized for centuries as a natural way to support energy, hormonal balance, and overall resilience. This formula harnesses the full spectrum of maca's well-researched benefits to help you feel your best every day.

Maca — Energy & Endurance Support — Maca has been used for thousands of years as a natural energizer and endurance enhancer. Traditionally consumed by Andean warriors before battle, it is still valued today by people looking for a steady, natural lift in vitality and stamina without the jitters of stimulants.

Maca — Hormonal Balance for Men — Multiple clinical trials show maca can support libido, sexual desire, and healthy sexual function in middle-aged men — and interestingly, it does this without significantly changing testosterone levels, suggesting it works through its own unique pathways to support male hormonal wellness as men age.

Maca — Adaptogenic Stress Support — Maca is considered an adaptogen — a plant that helps the body handle everyday stress more gracefully. Research suggests its natural compounds interact with the body's stress-response system, and regular use has been associated with improved function of the glands that help regulate how we respond to life's daily demands.

Maca — Mood & Anxiety Comfort — Small clinical studies in postmenopausal women found that maca at 3.5 g per day helped reduce self-reported feelings of anxiety. Researchers believe certain natural plant compounds in maca may play a role in supporting a calmer, more balanced mood — a welcome benefit for anyone navigating life's ups and downs.

Maca — Antioxidant Defense — A 2024 systematic review and analysis of multiple studies found that maca delivers meaningful antioxidant support, helping the body maintain healthy levels of its own natural protective compounds. This kind of support helps guard cells against everyday oxidative wear and tear, contributing to long-term wellness.

Maca — Postmenopausal Wellness — Research in postmenopausal women highlights maca's ability to support comfort and emotional well-being during this significant life transition. Its benefits on mood and anxiety in this group appear to work independently of estrogen or androgen levels, making it a noteworthy option for natural hormonal-transition support.

Maca — Libido & Sexual Vitality — Across multiple clinical trials, maca has consistently shown the ability to support healthy libido and sexual desire in both men and women. This is one of maca's most celebrated traditional uses — and modern research backs up what Andean cultures have known for generations about this remarkable root.

Maca — Resilience & Adrenal Wellness — Extended use of maca has been associated with better overall resilience and improved function of the glands involved in the body's stress response. For people who feel run-down or overwhelmed, maca's adaptogenic qualities may help restore a sense of balance and steady energy over time.

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