

Maca Root Powder

An earthy adaptogenic root traditionally used for stamina and vitality.

Official Botanical Name: *Lepidium meyenii*

Brief Description: Maca root powder is traditionally used for energy, endurance, hormonal balance, and overall vitality.

Benefits

- Traditionally used for energy and stamina
- Supports adaptogenic wellness routines
- Popular in smoothie and latte blends
- Traditionally associated with vitality support

Ways to Use

- Smoothies
- Latte blends
- Energy bites
- Adaptogenic powders

Instructions

- Blend into smoothies or warm drinks.
- Start with small amounts and increase gradually.
- Pairs well with cacao and cinnamon.

Suggested Adult Use: 1 tsp daily as desired.

Medication Warnings & Safety Notes: Use caution with hormone-sensitive conditions, thyroid conditions, pregnancy, breastfeeding, or blood pressure medication.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.