

The Benefits of Using Maca Root (*Lepidium meyenii*) In Your Training Diet.

Maca Root (*Lepidium meyenii*) originates from the Andes in Peru it has been described as a 'super food'. The Peruvians have been using Maca root for thousands of years.

Maca was first recorded by the Spaniards in the 16th century.

Maca is grown for the nutritional and health value of its root. The majority of Maca is dried and can be stored in this form for up to 2 years.



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There are three colours associated with Maca, Red, Black and Cream.

They are very similar in what they have to offer athletes and most likely, it would come down to individual preference, as to which colour an individual would use.

Maca is currently available in both powder form and capsules.

Some of the many benefits of Maca include:

- improve workout performance, endurance, stamina, strength & muscle gain

What a hit for any person doing training whether as a professional athlete or a casual gym goer! Having the ability to increase your workout and train longer, build up strength and resilience, just from taking Maca as part of your diet.

- quicker injury recovery

One of the biggest turn offs for training is being injured! However, by simply taking Maca your injury recovery time is lessened.

- lowers high blood pressure, lowers cholesterol, increases energy levels

For the casual gym goer, the ability to lower blood pressure and therefore, increase energy and stamina with less effort is a bonus.

- increases metabolism, may help with weight loss / obesity

With an increased metabolism, nutrients are conveyed around the body and calories burned off quicker, this will help an athlete get into great shape with less work!

- may ease symptoms of arthritis & joint pain

Some studies looking into Maca and its benefits have indicated that people with joint pain have some of the symptoms alleviated following a course of Maca. This could help prolong an athlete's ability to compete, or recover more quickly from a joint injury.



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Even when taking in large daily quantities, there have been no reported harmful side effects, on the contrary, taking some Maca every day will benefit your health and general wellbeing, feeling more energetic, leaner in appearance and having the ability to work longer are all something we can strive towards!

So by simply taking Maca, in either powder or capsule format, several times a day has huge benefits to your health and as an athlete, without the use of steroids, muscle mass can be accelerated, stamina and energy levels increased and your competitive edge enhanced.

Please remember if you are on medication issued by a doctor / physician, please check that Maca is suitable for you, prior to introducing Maca in to your well balanced diet.