

Maca Root

Botanical Name: *Lepidium meyenii*

Family: Brassicaceae

Energetics: Warming, nutritive

Taste: Earthy, slightly nutty

Actions: Adaptogen, energy tonic, hormonal support, nutritive, mood support

Overview

Maca Root is a traditional Peruvian adaptogen used for energy, stamina, and hormonal balance. It supports endurance, reproductive health, and mood stabilization, and is considered a nutritive tonic.

Uses

Internal Uses

- Supports energy and endurance
- Hormonal balance and reproductive health
- Mood support and stress adaptation
- Nutritional tonic with minerals and vitamins

External Uses

- Rarely used externally; occasionally in infused oils for skin nutrition
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Medication Interactions

- May interact with hormone therapies (caution advised)
 - Monitor if on thyroid or reproductive medications
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Contraindications

- Pregnancy and breastfeeding: generally safe in culinary amounts; medicinal doses with caution
 - Hormone-sensitive conditions: consult healthcare provider
 - Children: use in moderation
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Caution & Safety

- Moderate dosage recommended
 - Avoid very high doses for long periods
 - Monitor for hormonal sensitivities
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Herbal Pairings

Blends Well With

- Ashwagandha (adaptogenic synergy)
- Maca + Ginseng (energy and endurance support)
- Schisandra Berry (stress and endurance synergy)

Avoid Combining With

- Hormonal medications without supervision
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Possible Side Effects

- Mild digestive upset
 - Rare hormonal sensitivity
 - Insomnia if taken late in the day
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Forms & Dosage

Powder / Capsules

- 1–3 tsp powder daily or 500–1,000 mg capsules, 1–2 times daily

Tea / Decoction

- 1–2 tsp powder per cup water, simmer 5–10 minutes

External Use

- Rare; may be used in infused oils for skin nourishment
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Notes

Maca Root is a nutritive adaptogen ideal for energy, hormonal balance, reproductive health, and stress adaptation. Best taken in the morning or early afternoon.

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