

# Maca Root

**Botanical Name:** *Lepidium meyenii*

**Family:** Brassicaceae

**Energetics:** Warming, nutritive

**Taste:** Earthy, slightly nutty

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

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## 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.

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## 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.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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