



MACA POWDER

Our maca is grown at high altitudes in Peru, between 12,500-14,400 feet in cold temperatures, with strong winds and plenty of sunlight. The plant has adapted to these harsh conditions and been looked after by local families for generations. When mature, Maca looks like an off-white turnip. In powder form, maca is high in protein, amino acids, and other beneficial minerals

OUR PROCESS

The plant starts developing in the fall and is extremely resistant to frost and drought. In the late spring, Maca sprouts long frilly green leaves at the soil surface and extends roots underground. All the harvesting is done manually, as it has been for years, with the leaves being left in the fields for livestock and fertilizer while the roots are sundried for up to two weeks. After the roots are dried, they are cleaned, ground and sifted into a fine powder.

USE

Maca powder has a potent malt-like flavor and can be used in smoothies, baked goods and more. It's high in protein, amino acids, and other beneficial minerals.

THE SOURCE

Produced from organically cultivated whole maca root, grown by independent farmers in Peru. Sliced, dried, and milled to a uniform powder, without the addition of carriers or flow agents.



Variety

Lepidium Peruvianum

Origin

Junín plateau, Peru

Certifications



Typical Nutrition Per 100g

Calories	354
Calories from fat	11.07
Total Fat	1.23g
Saturated Fat	0.41g
Trans Fat	0.01g
Cholesterol	0mg
Sodium	23mg
Potassium	1,565mg
Total Carbohydrate	72.2g
Dietary Fiber	22.45g
Sugars	28.09g
Protein	13.51g
Vitamin A	0IU
Vitamin C	15.1mg
Calcium	327mg
Iron	7.7mg



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