

BLACK MACA®

BLACK MACA
Brand: ProLab
Pharmaceutical Form: Capsules
Presentation: Bottle with 100 capsules

COMPOSITION:

Each Black Maca capsule contains 500 mg of concentrated extract of Black Maca root (*Lepidium meyenii*), a plant native to the Peruvian Andes known for its adaptogenic and energetic properties. Black Maca is considered one of the most powerful varieties of maca, and its use has been appreciated for centuries due to its effects on vitality, physical performance and reproductive health.

Black Maca has been shown to be particularly effective in improving physical endurance, muscle recovery, libido and fertility, in both men and women. In addition, it is attributed with antioxidant and neuroprotective properties, which can contribute to improving mental focus and reducing oxidative stress.

THERAPEUTIC INDICATIONS:

Black Maca is indicated for people looking to improve their physical performance, increase their daily energy, balance their hormonal levels and strengthen their sexual and reproductive health. It is ideal for both athletes who want to boost their endurance and recovery, as well as those looking to increase their libido or improve fertility.

Thanks to its ability to act as an adaptogen, Black Maca is also used to combat the effects of stress, improve mental clarity and mood. Studies have shown that Black Maca has a positive impact on cognitive function and memory, making it a viable option for those who need to withstand high levels of physical and mental demand.

RECOMMENDED DOSAGE:

The recommended dosage of Black Maca is 1 to 2 capsules per day, which is equivalent to a daily intake of 500 mg to 1000 mg of Black Maca extract. For best results, it is advised to take one capsule in the morning and, if necessary, one more in the afternoon.

For individuals seeking to maximize the benefits of Black Maca in terms of physical performance or fertility support, the regimen of 2 capsules per day may be opted for, not exceeding this dosage unless professional advice is received. The supplement should be taken with water and preferably with food to facilitate absorption and improve bioavailability.

ADMINISTRATION MODE:

Black Maca is administered orally. It is recommended to take the capsules with plenty of water to ensure proper digestion and absorption of the nutrients. For those using it to support athletic performance or to improve mental focus during the day, it is suggested to take the first capsule in the morning, before breakfast, and the second in the mid-afternoon.

Due to its adaptogenic nature, Black Maca may require continuous use for at least 6 to 8 weeks for its effects to fully manifest. It is safe for long-term use, as Maca is a natural supplement that does not negatively alter the body's hormonal balance.

CONTRAINDICATIONS:

The use of Black Maca is contraindicated in individuals with hypersensitivity to maca or any other components of the formula. Although it is considered safe for most users, those with pre-existing medical conditions, such as hormonal disorders, should consult a health care professional before use, especially if they are under medical treatment.

Women who are pregnant, breastfeeding, or planning to conceive should avoid using supplements without a doctor's approval, although some studies have suggested that maca may have fertility benefits.

