## FAQs for Raw Maca Root Powder & Gelatinized Maca Root Powder

1. What are the benefits of consuming raw maca root powder?]

Maca Root is traditionally known to improve energy, stamina, mood; balance hormone levels including alleviating symptoms of menopause/andropause; and enhance fertility, sexual health, and libido.

1. Can raw maca root powder be used as a natural remedy for hormonal imbalances?

Yes. Absolutely. It has traditionally been used for this purpose in Peru, since ages ago.

1. How should I use raw maca root powder?

Start with a smaller amount ¼ to ½ teaspoon in any recipe or beverage, and work your way up to ½ to 1 teaspoon over a couple of weeks. We recommend taking one day off per week, or 3-4 days off per month after taking consistently for 1 month, so that your body remains responsive to maca’s active nutrients.

1. Can raw maca root powder help with weight loss?

Maca is not known for this purpose. However, it is known that hormonal imbalances do affect weight loss and weight gain. Maca helps to balance hormones which may, in turn, help with weight management.

1. Is raw maca root powder suitable for vegans and vegetarians?

Yes, it is a plant root, and no animal ingredients or animal by-products are used in the process of making the powder.