

Maca - *Lepidium meyenii*

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Maca - *Lepidium meyenii* (PDF Version - 56 KB) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant on the label. Date September 27, 2024 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation(s) *Lepidium meyenii* Maca Peruvian-ginseng *Lepidium meyenii* Hypocotyl Root Dry References: Proper name: USDA 2024, Gardner and McGuffin 2013; Common names: USDA 2024, Gardner and McGuffin 2013; Source information: Dording et al. 2008, Meissner et al. 2006. Route of Administration Oral Dosage Form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Source of antioxidants/Provides antioxidants (Brooks et al. 2008; Vecera et al. 2007). Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Brooks et al. 2008; Vecera et al. 2007). Helps to support emotional aspects of sexual health (Shin et al. 2010; Zenico et al. 2009; Brooks et al. 2008; Dording et al. 2008; Meissner et al. 2006, 2005; Gonzales et al. 2002). Helps to support healthy mood balance during menopause (Brooks et al. 2008; Meissner et al. 2006). Notes: The above uses can be combined on the product label (e.g. Helps support healthy mood balance during menopause and emotional aspects of sexual health). The terms 'Helps' or 'Helps to' can be used interchangeably on the label. Dose(s) Subpopulation(s) Adults 18 years and older. Quantity(ies) Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid Extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) Antioxidant Not to exceed 3 grams dried root/hypocotyl, per day (Dording et al. 2008). Mood balance during menopause 2 - 3.5 grams dried root/hypocotyl, per day (Brooks et al. 2008; Meissner et al. 2006). Sexual health 3 - 3.5 grams dried root/hypocotyl, per day (Shin et al. 2010; Zenico et al. 2009; Brooks et al. 2008; Dording et al. 2008; Meissner et al. 2006; Meissner et al. 2005; Gonzales et al. 2002). Direction(s) for use No statement required. Duration(s) of Use Products providing 0.6 to 3 g dried root/hypocotyl, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 3 months (Zenico et al. 2009; Dording et al. 2008; Meissner et al. 2006; Gonzales et al. 2002). Products providing more than 3 g dried root/hypocotyl, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 6 weeks (Brooks et al. 2008). Risk Information Caution(s) and warning(s) All products Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Products providing 0.6 g or more dried root/hypocotyl, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have a blood pressure condition (Valentova et al. 2008). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (Gonzales and Gonzales-Castaneda 2009; Dording et al. 2008). Healthy mood balance; Sexual health Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have psychological disorders such as anxiety or depression (Brotto 2010; Gonzales and Gonzales-Castaneda 2009; Dording et al. 2008). Contraindication(s) No statement required. Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations . Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. Example of Product Facts: Consult the Guidance Document, Labelling of

Natural Health Products for more details. References Cited Brooks NA, Wilcox G, Walker KZ, Ashton JF, Cox MB, Stojanovska L. Beneficial effects of *Lepidium meyenii* (Maca) on physiological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content. *Menopause* 2008;15(6):1157-1162. Brotto LA. The DSM diagnostic criteria for hypoactive sexual desire disorder in women. *Archives of Sexual Behavior* 2010;39(2):221-239. Dording CM, Fsher L, Papakostas G, Farabaugh A, Sonawalla S, Fava M, Mischoulon D. A double-blind, randomized, pilot dose-finding study of maca root (*L. meyenii*) for the management of SSRI-induced sexual dysfunction. *CNS Neuroscience Therapy and Therapeutics* 2008;14(3):182-191. Gardner Z, McGuffin M. editors. 2013. American Herbal Products Association's Botanical Safety Handbook, 2nd edition. Boca Raton (FL): CRC Press. Gonzales GF, Gonzales-Castaneda GC. 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Maca (*L. meyenii*) for improving sexual function: a systematic review. *BMC Complementary and Alternative Medicine* 2010;10(44):1-6. USDA 2024: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN)- Global. U.S. National Plant Germplasm System. [Accessed 2024 January 8]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> Valentova K, Stejskal D, Bartek J, Dvoráková S, Kren V, Ulrichova J, Simanek V. Maca (*Lepidium meyenii*) and yacon (*Smallanthus sonchifolius*) in combination with silymarin as food supplements: in vivo safety assessment. *Food and Chemical Toxicology* 2008;46(3):1006-1013. Vecera R, Orolin J, Skottova N, Kazdova L, Oliyanik O, Ulrichova J, Simaner V. The Influence of Maca (*Lepidium meyenii*) on Antioxidant Status, Lipid and Glucose Metabolism in Rat. *Plant Foods for Human Nutrition* 2007;62(2):59-63. Zenico T, Cicero AF, Valmorri L, Merculiali M, Bercovich E. Subjective effects of *Lepidium meyenii* (Maca) extract on well-being and sexual performances in patients with mild erectile dysfunction: a randomized, double-blind clinical trial. *Andrologia* 2009;41(2):95-99. References Reviewed Baldwin DS. Depression and sexual dysfunction. *British Medical Bulletin* 2001;57: 81-99. Gonzales GF, Cordova A, Gonzales C, Chung A, Vega K, Villena A. *Lepidium meyenii* (Maca) improved semen parameters in adult men. *Asian Journal of Andrology* 2001;3(4):301-303. Gonzales GF, Cordova A, Vega K, Chung A, Villena A, Gonez C. Effect of *Lepidium meyenii* (Maca), a root with aphrodisiac and fertility-enhancing properties, on serum reproductive hormone levels in adult healthy men. *Journal of Endocrinology* 2003;176(1):163-168. Herraiz T, Galisteo J. Tetrahydro- β -carboline alkaloids occur in fruits and fruit juices. 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Valentova K, Buckiova D, Kren V, Peknicova J, Ulrichova J, Simanek V. The in vitro biological activity of *Lepidium meyenii* extracts. *Cell Biology and Toxicology* 2006;22(2):91-99. Valentova K, Ulrichova J. *Smallanthus sonchifolius* and *Lepidium meyenii* - Prospective Andean crops for the prevention of chronic diseases. *Biomedical papers of the Medical Faculty of the University Palacky, Olomouc, Czechoslovakia* 2003;147(2):119-130. Zheng BL, He K, Kim CH, Rogers L, Shao Y, Huang ZY, Lu Y, Yan SJ, Qien LC, Zheng QY. Effect of a lipidic extract from *Lepidium meyenii* on sexual behavior in mice and rats. *Urology* 2000;55(4):598-602. Report a problem on this page Date

MEDICINAL INGREDIENT(S)

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

DOSAGE FORM(S)

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

RISK INFORMATION

Caution(s) and warning(s) All products Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Products providing 0.6 g or more dried root/hypocotyl, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have a blood pressure condition (Valentova et al. 2008).Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (Gonzales and Gonzales-Castaneda 2009; Dording et al. 2008). Healthy mood balance; Sexual health Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have psychological disorders such as anxiety or depression (Brotto 2010; Gonzales and Gonzales-Castaneda 2009; Dording et al. 2008). Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID.

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Lepidium meyenii	MacaPeruvian-ginseng	Lepidium meyenii	HypocotylRoot	Dry