



# Maca Bio 225 g Doypack Superfoods Drasanvi

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## Description

Maca is a root that only grows in the Peruvian Andes at an altitude of 4000 meters above sea level. Being rich in carbohydrates and in vitamin B3 (Niacin), **it helps reduce tiredness and fatigue**. It was used by the Inca culture for centuries and the etymology of the word tells us a lot about the plant itself: "ma" means "sourced at high altitudes" and "ca" means "good food that strengthens the body".

## Ingredients

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Organic maca powder (*Lepidium meyenii*)

## Directions

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Add to juices, smoothies, yogurt, tortillas, as well as at the end of casseroles, stews or fried. 1 dessert spoon = around 5 grams

## Presentation

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Contains 225 g (7.93 oz)

## Warnings

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Store in a cool, dry place.

Allergen free.

## Additional Information

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### **Peruvian origin**

Maca from the Andes is a plant that was used by the Incas in ancient times. Many of the valuable properties of the plant come from the native soil in which it is grown. In order to obtain the highest levels of these properties, we source our maca exclusively from Peru.

### **Organic certification**

We meet the highest quality standards during the collection and processing of the maca we use, which has led it to become a certified organic product.

### **Helps reduce tiredness and fatigue**

The high levels of niacin present in the plant help reduce tiredness and fatigue, ensuring you get all the energy you need.

# Nutrition Facts

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Per 100 g

<b>Ingredients</b>	<b>Quantity/100 g</b>
Energetic Value	1526 kJ / 361 Kcal
Fats	3,60 g
of which are saturated	0 g
Carbohydrates	64,30 g
of which are sugars	32,10 g
Fibre	7,10 g
Proteins	14,30 g
Salt	0,045 g

<b>Ingredients</b>	<b>% NRV</b>	<b>Quantity/10 g</b>
Vitamin C	3,56 %	28,5 mg
Vitamin B6	7,8 %	0,1 mg
Potassium	100 %	200 mg
Niacin	100%	16 mg

% NRV (Nutrient Reference Value)

# Allergen Information

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Allergen-free

# Certifications

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