



Health Matters

by
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Natural Foods Market

In order to increase energy, boost memory and enhance sexual vitality, we can nourish our endocrine glands with foods known as adaptogens. Adaptogens fuel the pituitary gland, as well as the thyroid and adrenals, which all help meet the extra demands of stress, exhaustion, insomnia and hormonal imbalance.

Maca is a well-known adaptogen root vegetable routinely eaten for centuries by the long-lived indigenous people of Peru. Grown in the ancient mineral-rich soil of the Andes Mountains 14,000 feet above sea level, it's in the same family as Brussels sprouts, cauliflower and turnips.

A rich source of amino acids, fatty acids, vitamins and trace minerals, **Maca** has many over-all health benefits, such as improving energy, memory, sleep and libido in both women and men. **Maca** is available in capsules or powder for your smoothies.

As always, we guarantee your satisfaction.

Locally owned for 36 years

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