



Nutrition Facts

Analysis per 100 grams MACA Powder
Total Calories 320 Kcal 255kj

Ingredients. 100% Organic Maca root Powder - other ingredient. Vegetable capsules

		% RDA*
TOTAL FAT	0,9g	1%
Moisture	10.4 g	
Potassium	2050 mg	11.3 %
Dietary Fiber	21,2g	23%
Carbohydrates	52g	3,82%
Protein	11.6g	12.8 %

Vitamins

Vitamin C	286mg	8.6 %
Vitamin B6	1.14 mg	52.8%
B1 Thiamine	0.20 mg	
Vitamin B2 Riboflavin	0.39 mg	361 %
Vitamin B3 Niacin	5.65 mg	13 %
Vitamin E	87.00 mg	

MACA Contains following Fatty Acids
(as methyl ester derivatives)

Dodecanoic (lauric)
7-tridecenoic
Tridecanoic
Tetradecanoic (myristic)
7-pentadecenoic
Pentadecanoic
9-esadecenoic (palmitolete)
Esadecanoic (palmitic)
9-heptadecenoic
Heptadecanoic
9,12 octadecadienoic (linoliec)
9-octadecenoic (oleic)
Octadecanoic (stearic)
11- nonadecanoic
Nonadecanoic
15-eicosenoic
Eicosanoic (archidie)
Docosanoic (behenic)
15 tetracosenoic (nervonic)
Tetracosanic (lignoceric)
Fatty acid saturated (%)
Unsaturated (%)
Saturated/unsaturated ratio

Minerals / trace elements.

Iron (Fe)	16,6mg	84 %
Calcium (Ca)	150 mg	60 %
Magnesium (Mg)	0,8 mg	37 %
Copper (Cu)	5,9 mg	19 %
Zinc (Zn)	3,8 mg	9 %
Manganese (Mn)	0,8 g	
Sodium (Na)	18,7 g	
Potassium (K)	2.050,00g	

Amino Acid Profile

Alanine 632.1 mg
 Arginine 990.4 mg
 Aspartic 916.7 mg
 Cystine ---
 Glutamic acid 1560.5 mg
 Glycine 680.3 mg
 Histidine* 213.9 mg
 Isoleucine* 472.4 mg
 Leucine* 910.0 mg
 Lysine * 540.3 mg
 Methionine* 282.0 mg
 Phenylalaline 550.3 mg
 Proline 5.0 mg
 Serine 500.4 mg
 Threonine* 334.1 mg
 Tryptophan *-----
 Tyrosine* 3003.6 mg
 Valine* 792.3 mg

Marked with an * are the essential Amino Acids

Plant-Sterol es in MACA

Brassicasteryl acetate
 Ergosteryl acetate
 Campesteryl acetate
 Ergostadienyl acetate
 Sitosteryl acetate