



## Maca Root: An Up and Coming Nutrient That Improves Sexual Performance and Fertility (Paperback)

By Bradley Leonard

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you been trying to improve your health but you don't know where to start? Do you want to learn more about an awesome way to improve your health that is relatively unknown, up and coming and highly effective? People who are addicted to coffee or tea in their morning to get boosted should know about maca root. Its root resembles potato and it has stimulating effect on brain just like tea or coffee that gives you fresh start to your day. The only positive side is being that unlike coffee, it doesn't contain caffeine which serves as a health factor to your body. It is also being popular as an energy booster after heavy workout or morning jogging. It charges up your activity by supplying nutritional vitamins and minerals. Maca root is herbal plant that is in the trend as beneficial in improving sexual performance. Medical research has also claimed to be effective among fertility affected people. In Spanish it is popular as maca-maca. Maca root is not a newly discovered root plant; in 1843 it...



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