

# The influence of maca (*Lepidium meyenii*) on antioxidant status, lipid and glucose metabolism in rats.

Phytomedicine, 2007 Aug; 14 (7-8) 460-4. Epub 2007 Feb 7.

Vecera R, Orolin J, Skottova N, Kazdova L, Olivarnik O, Ulrichova J, Simanek V.

**Aim:** To measure the effect of maca on lipid (fat), anti-oxidative, and glucose levels in rats bred to have genetically high blood sugar.

**Results:** Maca significantly decreased the levels of VLDL (very low density lipoproteins), LDL (low density lipoproteins), and total cholesterol, as well as glucose levels in the blood.

**Implications:** Maca seems to be promising as a positive influence on chronic human diseases characterized by high lipid levels in the blood (heart disease), inadequate control of free radicals-- which can lead to both organ damage and DNA damage— and high blood sugar levels (diabetes).