

# Patented Maca Ingredient Shown to Improve Strength, Energy Levels & Sexual Function in Men

*Nutrition 21 plans to fund additional studies on Lepidamax to further demonstrate the potential benefits.*



A new clinical study published in the [Journal of Exercise and Nutrition](#) showed that the patented formulation of Peruvian maca phenotypes utilized in Nutrition 21's Lepidamax significantly enhances key factors for improved male performance and vitality. Study results demonstrated that Lepidamax increased grip strength, a screening tool used to measure upper body and overall strength, by over 10 pounds versus placebo, and significantly improved sexual function and energy levels versus placebo, in one month.

"We're excited to see that these clinical study results support Lepidamax's ability to effectively enhance various end-points related to men's health, enabling end-users to break through potential performance barriers," said Joe Weiss, president of Nutrition 21. "This study confirms our previous understandings around this ingredient and has exceeded our expectations regarding the possible applications for Lepidamax."

The randomized, double-blind, placebo-controlled parallel group trial was conducted at Nova Southeastern University, in Davie, FL, on 47 healthy men and women over the age of 18\*. On day zero, the Profile of Mood States Second Edition (POMS 2) questionnaire was used to assess various mood states of the participants to establish a baseline; sexual behavior was assessed using the Derogates Interview for Sexual Functioning (DISF-SR) to determine baseline; and a hand grip strength dynamometer was utilized to assess baseline grip strength. Participants were then required to take three capsules per day of Lepidamax (2.1 grams) or a placebo for 28 days, after which they retook their original baseline assessments.

"While maca has been grown in Peru for over 2,000 years, it has recently garnered increased interest and popularity among consumers for its positive impact on fertility, sexual functioning, energy and physical performance," said Lia M. Jiannine, PhD, lead researcher on this study. "However, this was the first clinical trial to not only demonstrate increases in energy and sexual functioning in men, but also to show efficacy in strength, a key end-point in sports nutrition. This study tested Nutrition 21's patented maca ingredient blend of Peruvian maca phenotypes; the initial evidence provides good reason to further study Lepidamax for enhanced performance and to better understand the mechanism by which it is promoting these positive end-points."

Nutrition 21 plans to fund additional studies on Lepidamax to further demonstrate the potential benefits this ingredient can provide.

\*In addition to 22 healthy men, 25 healthy women were included in this study protocol; however, their results in the areas of strength, energy and sexual function were considered not significant vs. placebo, though there were significant results versus baseline.