

## PROST-AID

### HEALTH CONDITIONS IN WHICH PROST-AID MAY HELP

HEALTH CONDITIONS	TRADITIONAL USES	MODERN RESEARCH
Prostate inflammation - prostatitis	Energizer – invigorator	Prostate inflammation - prostatitis
Benign Prostate Hyperplasia BPH	Reconstituent	Benign Prostate Hyperplasia BPH
Prostate cancer	Improves mood	Prostate cancer
	Osteoporosis	Improves mood
	Anti aphrodisiac for males	Energizer – invigorator
	Anti depressant	Osteoporosis
	Cancer	Reduces anxiety
	Relaxant	Reduces testosterone
		Antioxidant – Cells protective
		Kidneys protective
		Depression
		Pain and inflammation
		Anti viral – Herpes simplex
		Anti parasitic

**SPECIES:** Maca *Lepidium peruvianum* Var. Roja  
Mashua *Tropaeolum tuberosum*  
Graviola *Annona muricata*

**LOCATION:** High Central Peruvian Sierra and Rainforest

**DESCRIPTION :**

*Lepidium peruvianum* Red var. : Rare variety of *Lepidium peruvianum*. It is a biennial plant, small herb that grows low to the ground to protect from inclement weather on high living. Has 12 to 20 radical leaves. Flowers are cruciferous; ovoid seed to 2mm

*Tropaeolum tuberosum*: Herbaceous semi-erect, compact foliage with leaves 3-6 lobed, dark green on the upper surface and lighter on the underside. Flowers are red with 5 sepals and 5 yellow petals. Tubers average 10 cm long, ellipsoid 4 of larger diameter, frequently branched, colors from light yellow to orange

*Annona muricata*: Relatively small tree 3 – 10 meter. Leaves are simple, alternate, and without stipules, obovate dark green, 5 – 18 cm long, 2 – 7 cms wide. Flowers are bisexual, with 6 petals light yellow, 3 exterior big and thick, 3 interior thin and small. The fruit is ovoid or ellipsoid 15 – 40 cms long and 10 – 20 cms wide, asymmetric, frequently covered with soft and meaty spines. Pulp is white, creamy and acid. Skin is thin and soft. Many oblong seeds, black and lustrous 15 – 20 mm long

## TRADITIONAL USES

*Lepidium peruvianum* Red var:

- Sexual Invigorating
- Energizing
- Reconstituent
- Menopausal symptoms
- Sexual decay
- Improves vaginal lubrication
- Reduce stress
- Improves mood
- Combat and prevents osteoporosis

*Tropaeolum tuberosum*:

- Female aphrodisiac
- Combats frigidity
- Anti depressive

*Annona muricata*:

- Cancer
- Tumors
- Spasms
- Sedative
- Tachycardia
- Cough, flu
- High blood pressure
- Depression

## MODERN RESEARCH

*Lepidium peruvianum* Var. Roja:

- Improves libido
- Reduce menopausal symptoms
- Improves vaginal lubrication
- Combats and prevents osteoporosis
- Reduce anxiety

*Tropaeolum tuberosum*:

- Aphrodisia for women
- Antioxidant
- Cell protector
- Kidneys protector

*Annona muricata*:

- Prostate cancer
- Lung cancer
- Breast cancer
- Kidney cancer
- Pancreas cancer
- Colon cancer
- Depression
- Pain and Inflammation



- Anti viral, herpes simplex
- Parasites

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