

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

X



Memorial Sloan Kettering
Cancer Center

[Make an Appointment](#)
[Back](#)

[Find a Physician](#)
[Search About MSK](#)
[Treatment](#)
[Learn About Cancer & Treatment](#)

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

FOR THE MEDIA

Maca is a plant related to the cabbage family. It is used as food and medicine in Peru.

Maca supplements come as capsules, tablets, and powders.

What are the potential uses and benefits?

Maca is used to:

- Improve your energy and strength.
- Increase fertility (the ability to become pregnant with a biological child).
- Improve your desire to have sex.
- Relieve side effects of your period stopping permanently, such as hot flashes.

Maca has other uses but doctors have not studied them to see if they work.

Talk with your healthcare providers before taking maca supplements. Herbal supplements are stronger

than the herbs you would use in cooking. Some herbal supplements can also affect how medications work. For more information, read the “What else do I need to know?” section below.

What are the side effects?

Side effects have not been reported.

What else do I need to know?

- Maca may interfere with lab tests that measure testosterone levels. Talk to your healthcare provider if you took maca before your labs.
- Talk to your healthcare provider if you have hormone-sensitive cancer, such as breast or uterine cancer. Maca may affect your treatment.
- Talk to your healthcare provider if you’re pregnant or breastfeeding. Maca may not be safe for you.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you’re not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Maca - Last updated on June 7, 2023

© 2025 Memorial Sloan Kettering Cancer Center