

<b>UK Product Name</b>	MAK Ambrosia tablets (MA5)	<b>Code Name</b>	MA0005
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>For full spectrum super-anti-oxidant power. Gives strength (bala) to mind and body.</p> <p>Boost mental potential and overall health Amrit Ambrosia is a rasayana of rasayanas. It is especially good for the mind, brain and nerves and promotes vitality and inner strength. Support these Ayurvedic Factors</p>		

- The three types of mental function: acquisition, retention, and recall.
- Metabolic transformations, digestion, the emotions and their effect on heart function.
- The mind, nervous system, respiration, circulation and elimination.
- Moisture balance, physical structure and strength.
- The sequential transformation of the 7 tissues one into another — plasma, blood, muscle, fat, bone, bone marrow and reproductive fluid. .
- The microcirculatory channels that transport nutrients and energy and can be blocked by improperly digested impurities.
- The production of ojas - the finest product of digestion and the master coordinator between consciousness, matter and immunity.
- The vitality and strength of the mind and body

Herbal Masterpiece

Amrit epitomizes the Ayurvedic principles of sanyog -- precise combination -- and sanskar -- meticulous processing. Thirteen whole herbs and fruits are combined in precise proportions in this powerful formula to create synergy -- a whole that is more powerful than the sum of its parts. The ingredients read like an honour roll of revered Ayurvedic herbs -- Amla, Aswagandha, Tinospora, Indian Asparagus and Aloeweed, .. Amrit is still prepared using the age-old formula prescribed in the traditional texts and passed down by generations of Ayurvedic physicians.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	20	100.0
Ipomoea digitata Linn.	Giant Potato	tuberous root	1	20	100.0
Glycyrrhiza glabra Linn.	Liquorice	root	1	20	100.0
Asparagus adscendens Roxb	White Shatavari	tuberous root	1	20	100.0
Vitex trifolia L.	Three-leaved Chaste Tree	leaf	5	2	10.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	5	2	10.0
Embllica officinalis Gaertn.	Amla	fruit rind	5	2	10.0
Curculigo orchiodes Gaertn.	Black musale	tuberous root	5	2	10.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	5	2	10.0
Capparis aphylla Roth.	Caper	bark extract	5	2	10.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	5	2	10.0
Argyreia nervosa (Burm. f.)	Elephant Creeper	root	12	1	5.0
Acacia arabica Willd.	Gum Arabic	excipient	13	4	20.0
Talcum	Talc	excipient:lubrica	14	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient	14	0.49	2.5

<b>Contraindications/Precautions</b>	none
<b>Over dose and its Management</b>	An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1 tablet twice daily preferably on an empty stomach. Chew or swallow whole with a sip of milk or water. Children up to 2 years - 1/4 adult dose; 2-4 years - 1/2 adult dose; 5 or more years - adult dose.
<b>How Long to Continue Use?</b>	May be taken continuously for maximum benefit.
<b>Specific Dietary/Lifestyle Advice</b>	

## Presentation

<b>Presentation</b>	60 tablets in an amber PET
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## Public Information

<b>UK Product Name</b>	MAK Ambrosia tablets (MA5)	<b>Code Name</b>	MA0005
<b>Availability</b>	Stock item in UK pot with T/E lid		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		