



Public Information - MAP Product

UK Product Name

Mother & Baby Vata Pacifying Tea

Code Name MB141

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank
Foeniculum vulgare Mill	Sweet Fennel	seed	1
Trigonella foenum-graecum L.	Fenugreek	seed	2

Contraindications/Precautions

None

Over dose and its Management

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.

Side Effects and Interactions

None known

Usage

Age Group

Adult

Dosage Form

seeds

Method of Use

Put 1 heaped teaspoon (4 grams) in 2 litres of water and bring to the boil. Drink the infusion warm throughout the day.

How Long to Continue Use?

Mainly for use during the first two months postpartum but may be used at any time.

Specific Dietary/Lifestyle Advice

Presentation

Presentation

30 grams in a clear plastic bag with 2.5ml measuring scoop.

Net Weight grams

30

Storage

Store in a cool, dry, dark place, tightly closed

Shelf Life (months)

24

Regulatory Status

Food