

Maharishi Ayurveda Public Information - MAP Products

UK Product Name

Smooth Cycle Spice Mix

Code Name SCYCL

Description

Supports digestion by supplying a variety of tastes. Helps to keeps women's cycles in balance

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Foeniculum vulgare Mill	Bio Fennel	seed	1	37.5	375.000
Coriandrum sativum Linn.	Coriander	seed	1	37.5	375.000
Cuminum cyminum Linn.	Cumin	seed	3	6.25	62.500
Piper nigrum Linn.	Black Pepper	seed	3	6.25	62.500
Nigella sativa Linn.	Kalounji	seed	3	6.25	62.500
Cuminum cyminum Linn.	Cumin	seed	3	6.25	62.500

Contraindications/Precautions

None

Over dose and its Management

If there is discomfort discontinue use temporarily

Side Effects and Interactions

None known

Usage

Age Group

Teens and adult

Dosage Form

powder

Method of Use

For use mainly with savoury food. IDEALLY first sauté the spice mix and then add it to food while it is cooking. OR 2) sprinkle the mix on food during cooking or at meal times.

How Long to Continue Use?

As required

Specific Dietary/Lifestyle Advice

Presentation

Presentation

150 grams in a white HDPE pot with t/e lid

Net Weight grams

150

Storage

Store in a cool, dry place, tightly closed

Shelf Life (months)

24

Regulatory Status

Food