

UK Product Name	Peace of Mind Tea	Code Name	MA1599
Availability	Stock item in UK		
Description	<p>Helps the mind work more efficiently so that you remain unruffled and yet decisive.</p> <p>Help calm your mind and emotions Do you have a fast-paced schedule? Maybe you do a lot of focused, mental work? In a demanding situation, this delicious, minty tea will give you an extra boost. Peace of Mind tea helps balance and soothe your mind, emotions, brain and nerves.</p>		

- Ashwagandha has many significant benefits, but is best known for its adaptogenic properties, meaning that it helps mind and body adapt better to stress. It nourishes the nerves and supports nerve function to help you maintain calm during stressful situations.
- Cardamom is tridoshic (good for balancing all three doshas), but people trying to keep Pitta in balance should eat it in smaller amounts.
- Black Pepper is considered an important spice in ayurveda. It has cleansing and antioxidant properties, and it is a bioavailability enhancer — it helps transport the benefits of other herbs to the different parts of the body. It helps the free flow of oxygen to the brain.
- Cloves are considered to enhance circulation, digestion and metabolism.
- Because it increases the ability to solve problems effectively, Jal Brahmi is often used in formulas to help relieve and prevent stress.
- Arjunasupports the heart and is renowned for balancing the emotions (Sadhaka Pitta)

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Glycyrrhiza glabra Linn.	Liquorice	root	1	13	221.0
Mentha spicata	Spearmint	leaf	2	11	187.0
Mentha piperita	Peppermint	leaf	3	9	153.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	4	7	119.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	4	7	119.0
Withania somnifera (L.) Duna	Aswagandha	root	4	7	119.0
Terminalia arjuna W. & A.	Arjuna	bark	4	7	119.0
Althaea officinalis	Marsh Mallow	flower	8	6	102.0
Amomum subulatum Roxb.	Greater cardamom	fruit	8	6	102.0
Piper nigrum Linn.	Black Pepper	fruit	10	5	85.0
Piper longum Linn.	Long Pepper	fruit	10	5	85.0
Centella asiatica (Linn.) Urba	Indian Pennywort	leaf	12	4	68.0
Foeniculum vulgare ssp capill	Bio Fennel	fruit	12	4	68.0
Bacopa monnieri (Linn.) Pen	Jal Brahmi	leaf	14	3	51.0
Syzygium aromaticum (Linn.)	Clove	flower bud	14	3	51.0
Alpinia galanga (L.) Sw.	Greater Galangal	root	16	2	34.0
Sida cordifolia Linn.	Country Mallow	root	17	1	17.0

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	Adolescent & adult
Dosage Form	1.7g teabags
Method of Use	Infuse the teabag for 5-7 minutes in boiled water. One bag makes on cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.
How Long to Continue Use?	As desired
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	20 wrapped and tagged teabags in a cardboard box.
Net Weight grams	34
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24



Public Information

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Regulatory Status

Food Supplement