

<b>UK Product Name</b>	Golden Transition Tea (MA1765)	<b>Code Name</b>	MA1765
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>Helps maintain psychological and neural balance . Helps maintain balance of mind, body and emotions during the onset of menopause (perimenopause) promoting a smooth transition</p> <p>For soothing menopause support Golden Transition Tea has been formulated to provide support for women before and during menopause. The delicious natural flavours of Peppermint, Spearmint and Licorice make for a tasty tea.</p> <ul style="list-style-type: none"> <li>-Licorice contributes the sweet taste, useful for pacifying Vata.</li> <li>-Cardamom is tridoshic (good for balancing all three doshas). Cardamom is considered an excellent digestive.</li> <li>-Cinnamon is used to balance the digestion and to maintain stomach health.</li> <li>-Cinnamon and Cardamom help support calcium absorption.</li> <li>-Ashoka, Lodha and Sappan Wood support female hormonal flow and balance.</li> <li>-Black Pepper helps enhance bioavailability</li> </ul>		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity/(teabag)
Caesalpinia sappan Linn.	Sappan wood	heartwood	1	20	340.0
Glycyrrhiza glabra Linn.	Licorice	root	2	20	340.0
Symplocos racemosa Roxb.	Lodh Tree	bark	3	14	238.0
Saraca asoca (Rosc.) W.J de	Asoka	bark	4	10	170.0
Withania somnifera (L.) Duna	Aswagandha	root	5	10	170.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	6	6	102.0
Mentha piperita	Peppermint	leaf	7	6	102.0
Mentha spicata	Spearmint	leaf	8	6	102.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	9	6	102.0
Piper nigrum Linn.	Black Pepper	fruit	10	2	34.0

<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>	1.7g teabags
<b>Method of Use</b>	Infuse the teabag for 5-7 minutes in boiled water. One bag makes one cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	

### Presentation

<b>Presentation</b>	Wrapped teabags in a cardboard box.
<b>Net Weight grams</b>	34
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	24

<b>Regulatory Status</b>	Food Supplement
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