

UK Product Name	Golden Transition Tea (MA1765)	Code Name	MA1765
Availability	Stock item in UK		
Description	<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"> · Licorice contributes the sweet taste, useful for pacifying Vata. · Cardamom is tridoshic (good for balancing all three doshas). Cardamom is considered an excellent digestive. · Cinnamon is used to balance the digestion and to maintain stomach health. · Cinnamon and Cardamom help support calcium absorption. · Ashoka, Lodha and Sappan Wood support female hormonal flow and balance. · Black Pepper helps enhance bioavailability 		

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.) Dunal	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 Blu	Cinnamon	bark	9	6	102.0
Piper nigrum Linn.	Black Pepper	fruit	10	2	34.0

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	All
Dosage Form	1.7g teabags
Method of Use	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.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

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

Regulatory Status	Food Supplement
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