

UK Product Name	Tridosha tea	Code Name	MA0703
Availability	Stock item in UK		
Description	A tasty tea that balances all three doshas. Especially good as a cooling tea in summer.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Viola odorata Linn.	Sweet Violet	whole plant	1	10.53	179.0
Terminalia arjuna W. & A.	Arjuna	bark	1	10.53	179.0
Rubia cordifolia Linn.	Indian Madder	root	1	10.53	179.0
Ocimum sanctum Linn.	Holy Basil	leaf	1	10.53	179.0
Illicium verum Hook. f.	Chinese Star Anise	fruit	1	10.53	179.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	1	10.53	179.0
Bacopa monnieri (Linn.) Penn	Jal Brahmi	whole plant	1	10.53	179.0
Zingiber officinale Rosc.	Ginger	rhizome	8	5.26	89.4
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	8	5.26	89.4
Cinnamomum zeylanicum Blu	Cinnamon	bark	8	5.26	89.4
Amomum subulatum Roxb.	Greater cardamom	fruit	8	5.26	89.4
Abies webbiana Lindl.	Silver Fir	leaf	8	5.26	89.4

Contraindications/Precautions	None
Over dose and its Management	NA
Side Effects and Interactions	None known

Usage

Age Group	All
Dosage Form	1.7g teabags
Method of Use	Infuse one teabag in boiling water. Add milk & sugar to taste.
How Long to Continue Use?	As desired
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	20 teabags in a gusseted foil bag
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24

Regulatory Status	Food Supplement
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