

**UK Product Name** MA124 Aswagandha/Amla/Liquorice formula **Code Name** MA0124  
**Availability** Stock item in UK

**Description****Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	38.83	194.2
Embllica officinalis Gaertn.	Amla	fruit rind	1	38.83	194.2
Glycyrrhiza glabra Linn.	Liquorice	root	3	19.42	97.1
Acacia arabica Willd.	Gum Arabic	excipient	4	1.94	9.7
Magnesium stearate	Magnesium stearate	excipient	5	0.49	2.5
Talcum	Talc	excipient	5	0.49	2.5

**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** 500mg tablet

**Method of Use** Take 1-2 tablets twice daily with water or milk

**How Long to Continue Use?** As recommended in the General Information leaflet.

**Specific Dietary/Lifestyle Advice** Prefer light easily digestible foods, cow's milk, ghee, fresh fruits and vegetables, buttermilk & honey. Create light cheerful surroundings. Avoid fast music and movements, excessive exercise, fearful situations. Read good light literature and light music - gandharva music is good.

**Presentation**

**Presentation** 120 tablets in an HDPE pot with foil seal.

**Net Weight grams** 60

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)** 36

**Regulatory Status** Medicine Exempt from Licensing