

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.) Duna	Aswagandha	root	1	38.83	194.2
Emblca officinalis Gaetrn.	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:lubrica	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	Food Supplement