

UK Product Name	MA125 Licorice/Aswagandha/Madder formula	Code Name	MA0125
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Licorice	root	1	54.11	270.6
Withania somnifera (L.) Duna	Aswagandha	root	2	31.88	159.4
Rubia cordifolia Linn.	Indian Madder	root	3	10.63	53.2
Acacia arabica Willd.	Gum Arabic	excipient	4	2.9	14.5
Talcum	Talc	excipient:lubrica	5	0.48	2.4

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
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	Prefer light easily digestible foods, honey, cow's milk, ghee. Avoid canned, oily, spicy foods and root vegetables. Avoid alcohol and smoking. Prefer warm baths and expose the body to the sun for 5-10 minutes in the morning.

Presentation

Presentation	60 tablets in an HDPE pot with foil seal.
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36
Regulatory Status	Food Supplement