

UK Product Name	Digest Plus tablets (MA154)	Code Name	MA0154
Availability	Stock item in UK		
Description	Helps balance appetite and support digestion. Helps balance stomach acid and gas and supports liver and pancreatic function.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Zingiber officinale Rosc.	Ginger	rhizome	1	17.8	89.0
Terminalia chebula Retz.	Haritaki	fruit rind	1	17.8	89.0
Sodium chloride	Rock salt		1	17.8	89.0
Foeniculum vulgare ssp capill	Bitter fennel	seed	1	17.8	89.0
Cassia angustifolia Vahl.	Tinnevely Senna	leaf	1	17.8	89.0
Cypraea moneta L.	Cowry Shell	shell bhasma	6	4.4	22.0
Starch	Starch	excipient	7	3	15.0
Acacia arabica Willd.	Gum Arabic	excipient	7	3	15.0
Talcum	Talc	excipient:lubrica	9	0.5	2.5

Contraindications/Precautions	Not recommended for children under 12 years. Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colistis), abdominal pain of unknown origin, severe dehydration.
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	Adolescents & adults
Dosage Form	500mg tablet
Method of Use	To support appetite take 1-2 tablets twice daily 10 minutes before main meals with a little warm water or warm milk. To support digestion and maintain balanced gas production take 1-2 tablets 15 minutes after meals preferably with a little of lassi. (Lassi = one part fresh yoghurt blended with 2 parts water).
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	60 tablets in an amber PET pot with t/e lid.
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status	Food Supplement
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