

UK Product Name MA179 Himalayan Rhubarb/Large Caltrops complex **Code Name** MA0179
Availability Stock item in UK
Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Rheum emodi Wall.	Himalayan Rhubarb	rhizome	1	47.62	238.1
Pedaliium murex Linn.	Large Caltrops	fruit	1	47.62	238.1
Acacia arabica Willd.	Gum Arabic	excipient	3	3.81	19.1
Magnesium stearate	Magnesium stearate	excipient	4	0.48	2.4
Talcum	Talc	excipient:lubrica	4	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 plenty of water

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

Specific Dietary/Lifestyle Advice Reduce meat consumption and favour a diet rich in soluble and insoluble fibre - fruit, vegetables, oat and wheat bran are good. Exercise vigorously regularly, up to 50% of capacity.

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 Medicine Exempt from Licensing