

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	Food Supplement