

UK Product Name	MA209 Aswagandha/Caper complex	Code Name	MA0209
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	39.78	198.9
Capparis aphylla Roth.	Caper	bark	1	39.78	198.9
Crataeva nurvala Buch.- Ham	Three-leaved Caper	bark	3	17.05	85.3
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 2 tablets twice daily with warm water.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	
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