

UK Product Name MA218 Indian Asparagus/Aswagandha complex **Code Name** MA0218
Availability Stock item in UK

Description**Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asparagus racemosus Willd.	Indian asparagus	tuberous root	1	62.33	311.7
Withania somnifera (L.) Dunal	Aswagandha	root	2	31.17	155.9
Ipomoea digitata Linn.	Giant Potato	tuberous root	3	3.12	15.6
Acacia arabica Willd.	Gum Arabic	excipient	4	2.9	14.5
Talcum	Talc	excipient	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

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