

UK Product Name	Rasayana for Pregnancy (MA221)	Code Name	MA0221
Availability	Stock item in UK		
Description	Supports the health of mother and foetus		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Emblica officinalis Gaertn.	Amla	fruit rind	1	42.65	213.3
Strychnos potatorum Linn. f.	Clearing-Nut Tree	seed	2	20.85	104.3
Aegle marmelos Corr.	Bael	bark	2	20.85	104.3
Tribulus terrestris Linn.	Small Caltrops	fruit	4	10.43	52.2
Acacia arabica Willd.	Gum Arabic	excipient	5	1.9	9.5
Starch	Starch	excipient	6	1.9	9.5
Talcum	Talc	excipient	7	0.95	4.8
Magnesium stearate	Magnesium stearate	excipient	8	0.47	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	Adult
Dosage Form	500mg tablet
Method of Use	After the first three months of pregnancy take 1-2 tablets 2-3 times a day with 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