

<b>UK Product Name</b>	MA222 Aswagandha/Indian Asparagus/Amla compl	<b>Code Name</b>	MA0222
<b>Availability</b>	Stock item in UK		
<b>Description</b>			

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	52.66	263.3
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	15.8	79.0
Embllica officinalis Gaertn.	Amla	fruit rind	3	10.53	52.7
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	4	5.27	26.4
Ipomoea digitata Linn.	Giant Potato	tuberous root	4	5.27	26.4
Eclipta alba Hassk.	Trailing Eclipta	whole plant	4	5.27	26.4
Acacia arabica Willd.	Gum Arabic	excipient	7	4.74	23.7
Talcum	Talc	excipient:lubrica	8	0.47	2.4

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1-2 tablets twice daily with water preferably after meals
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	
<b>Presentation</b>	
<b>Presentation</b>	60 tablets in an HDPE pot with foil seal.
<b>Net Weight grams</b>	30
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	36
<b>Regulatory Status</b>	Food Supplement