

<b>UK Product Name</b>	MA223 Aswagandha/ Bibhitaki formula	<b>Code Name</b>	MA0223
<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	62.89	314.5
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	2	31.45	157.3
Acacia arabica Willd.	Gum Arabic	excipient	3	2.83	14.2
Calcii carbonas	Calcium carbonate	excipient	4	1.89	9.5
Talcum	Talc	excipient:lubrica	5	0.94	4.7

<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 2 tablets 2-3 times daily with lukewarm water or lukewarm milk
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	Prefer light easily digestible foods, coconut, lemon, and fresh fruits. Avoid canned & heavy foods, eggs, mutton, groundnuts, root vegetables like potato. Avoid alcohol, smoking, excessive exercise and mental tension.

## Presentation

<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