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| UK Product Name | MA223 Aswagandha/ Bibhitaki formula | Code Name | MA0223 |
| Availability | Stock item in UK | | |
| Description | | | |

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/500mg) |
|-------------------------------|--------------------|-------------------|-------------|----------|---------------------------|
| Withania somnifera (L.) Dunal | 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 | 5 | 0.94 | 4.7 |

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| 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 2-3 times daily with lukewarm water or lukewarm milk |
| How Long to Continue Use? | As recommended in the General Information leaflet. |
| Specific Dietary/Lifestyle Advice | 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

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| 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 |