

UK Product Name	MA287 Ash Gourd/Kudzu complex paste	Code Name	MA0287
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	61.04	6,104.0
Benincasa hispida (Thumb.)	Ash gourd	fruit	2	15.58	1,558.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	3	3.46	346.0
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	3	3.46	346.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	3	3.46	346.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	6	1.73	173.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	7	0.87	87.0
Cinnamomum tamala (Buch.-Ham.)	Cassia Lignae	leaf	7	0.87	87.0
Cinnamomum zeylanicum Bl.	Cinnamon	bark	7	0.87	87.0
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	7	0.87	87.0
Embllica officinalis Gaertn.	Amla	fruit rind	7	0.87	87.0
Mesua ferrea Linn.	Cobra's Saffron	flower	7	0.87	87.0
Vitis vinifera Linn.	Grape	fruit	7	0.87	87.0
Nelumbo nucifera Gaertn.	Sacred Lotus	flower	7	0.87	87.0
Prunus pudum Roxb. a	Wild Himalayan Cherry	heartwood	7	0.87	87.0
Santalum album Linn.	White sandalwood	heartwood	7	0.87	87.0
Syzygium aromaticum (Linn.) Merr. & L. P.	Clove	flower bud	7	0.87	87.0
Vetiveria zizanioides (Linn.) N. & Bur.	Vetivert	root	7	0.87	87.0
Hemidesmus indicus (Linn.) R.	Indian Sarsaparilla	root	7	0.87	87.0

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	paste
Method of Use	Take 1 heaped teaspoonful (10 grams) twice daily with milk or water.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	600 grams in an clear glass jar with plastic lid
Net Weight grams	600
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status	Food Supplement
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