

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 Chois	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.-	Cassia Lignae	leaf	7	0.87	87.0
Cinnamomum zeylanicum Blu	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 puddum 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.)	Clove	flower bud	7	0.87	87.0
Vetiveria zizanioides (Linn.) N	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

Medicine Exempt from Licensing