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| UK Product Name | MA289 Long Pepper/Indian Spikenard complex | Code Name | MA0289 |
| Availability | Stock item in UK | | |
| Description | | | |

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/500mg) |
|--------------------------------|--------------------|-------------------|------|-------|--------------------|
| Piper longum Linn. | Long Pepper | root | 1 | 23.58 | 117.9 |
| Nardostachys jatamansi DC. | Indian Spikenard | rhizome | 1 | 23.58 | 117.9 |
| Convolvulus pluricaulis Chois | Aloeweed | whole plant | 1 | 23.58 | 117.9 |
| Centella asiatica (Linn.) Urba | Indian Pennywort | whole plant | 1 | 23.58 | 117.9 |
| Acacia arabica Willd. | Gum Arabic | excipient | 5 | 4.72 | 23.6 |
| Magnesium stearate | Magnesium stearate | excipient | 6 | 0.47 | 2.4 |
| Talcum | Talc | excipient:lubrica | 6 | 0.47 | 2.4 |

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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 | For insomnia take 2-3 tablets at bedtime. For other conditions take 1-2 tablets 2-3 times daily |
| How Long to Continue Use? | As recommended in the General Information leaflet. |
| Specific Dietary/Lifestyle Advice | |

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 |

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| Regulatory Status | Food Supplement |
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