

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
Bacopa monnieri (Linn.) Pen	Jal Brahmi	whole plant	1	23.58	117.9
Acacia arabica Willd.	Gum Arabic	excipient	5	4.72	23.6
Magnesium stearate	Magnesium stearate	excipient	6	0.48	2.4
Talcum	Talc	excipient:lubrica	6	0.48	2.4

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****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