

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.) Penn	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	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