

UK Product Name Gastro Support tablets (MA320) **Code Name** MA0320
Availability Stock item in UK

Description Helps keep stomach acidity in balance. Supports digestion.

Too many hot, spicy foods can spark excess digestive fire and too much stomach acid. Over time, this can knock digestion out of balance and lead to a variety of health problems.

Modern drugs can quickly reduce acidity but the body then produces more. The 17 herbs in Gastro Support help to bring balance so that acid is maintained at an appropriate level for both short-term comfort and long-term balance.

The herbs in Gastro Support help:

- balance stomach acid and digestive fire
- support overall digestion
- help the body preserve the purity and vitality of nutrients from foods you eat.

Herbal Masterpiece

The herbs in Gastro Support are combined in precise proportions and prepared the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

- Turpeth has a special property of both cleansing and balancing digestion. We use the rare white form of Turpeth which is safe and very effective for this purpose.
- Clove, cardamom and ginger support digestion and comfort.
- Amla has the unusual ability to enliven digestion without heating the body, so it is ideal for balancing stomach acid and other Pitta-related digestive problems.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Emblica officinalis Gaertn.	Amla	fruit rind	1	20.07	200.7
Glycyrrhiza glabra Linn.	Liquorice	root	1	20.07	200.7
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	20.07	200.7
Ipomoea turpethum R.Br.	White turpeth	root	4	13.38	133.8
Sodium carbonate	Sodium carbonate		5	10.04	100.4
Potassii nitras	Saltpetre		6	8.45	84.5
Syzygium aromaticum (Linn.)	Clove	flower bud	7	3.34	33.4
Potassium aluminium sulphat	Alumen		8	1.06	10.6
Ammonii chloridum	Sal ammoniac		9	0.53	5.3
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	10	0.33	3.3
Terminalia chebula Retz.	Haritaki	fruit rind	10	0.33	3.3
Piper longum Linn.	Long Pepper	fruit	10	0.33	3.3
Zingiber officinale Rosc.	Ginger	rhizome	10	0.33	3.3
Elettaria cardamomum (Linn.)	Cardamom	fruit	10	0.33	3.3
Cyperus rotundus Linn.	Nut grass	tuberous root	10	0.33	3.3
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	10	0.33	3.3
Piper nigrum Linn.	Black Pepper	fruit	10	0.33	3.3
Acacia arabica Willd.	Gum Arabic	excipient	18	5	50.0
Talcum	Talc	excipient:lubrica	19	3	30.0
Magnesium stearate	Magnesium stearate	excipient	20	2	20.0

Contraindications/Precautions Very occasionally may loosen the bowels.

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 1000mg tablet

Method of Use Take 1-2 tablets twice daily with water after meals

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice Prefer light food, old rice, leafy vegetables, fresh fruit, whole wheat bread, warm cow's milk, grapes. Avoid canned, cold, oily and spicy foods, excess salt, non-

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Availability	Stock item in UK vegetarian food, alcohol, smoking. Maintain regular meal times, go to bed early and rise early, take a walk in the early morning. Avoid excessive thinking, tension anger and fear.		
Presentation			
Presentation	60 tablets in an amber PET pot with t/e lid		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		