

UK Product Name	Iron Support tablets (MA321)	Code Name	MA0321
Availability	Stock item in UK		
Description	Supports the body's ability to absorb and metabolise iron. Each tablet contains about 6 mg of iron.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	19.47	97.4
Piper longum Linn.	Long Pepper	fruit	2	10.39	52.0
Glycyrrhiza glabra Linn.	Liquorice	root	2	10.39	52.0
Vitis vinifera Linn.	Grape	dried fruit	2	10.39	52.0
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	10.39	52.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	6	5.19	26.0
Emblica officinalis Gaertn.	Amla	fruit rind	6	5.19	26.0
Phoenix dactylifera Linn.	Date Palm	fruit	6	5.19	26.0
Syzygium aromaticum (Linn.)	Clove	flower bud	9	2.6	13.0
Tinospora cordifolia (Willd.) H	Gulanchar Tinospora	stem	9	2.6	13.0
Turbinella rapa Lamark.	Conch Shell	shell	9	2.6	13.0
Mesua ferrea Linn.	Cobra's Saffron	flower	9	2.6	13.0
Ferroso-ferric oxidum	Iron bhasma		9	2.6	13.0
Cypraea moneta L.	Cowry Shell	shell	9	2.6	13.0
Corallium rubrum L.	Red coral	stem	9	2.6	13.0
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	9	2.6	13.0
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell bhasma	9	2.6	13.0
Starch	Starch	excipient	18	2	10.0
Acacia arabica Willd.	Gum Arabic	excipient	19	1	5.0
Talcum	Talc	excipient:lubrica	19	1	5.0
Magnesium stearate	Magnesium stearate	excipient	21	0.5	2.5

Contraindications/Precautions

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	Take 2 tablets twice daily with milk or water after meals
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	Prefer a light but rich diet with lots of fresh fruits, cow's ghee, milk, butter, wheat & rice. Avoid root vegetables, spicy & heavy food. Take a walk in the morning and do TM & yoga asanas. Early to bed, early to rise. Avoid mental and physical tension and excessive thinking.

Presentation

Presentation	60 tablets in an amber PET pot with t/e lid
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status Food Supplement