

<b>UK Product Name</b>	Calm Temples (MA332)	<b>Code Name</b>	MA0332
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Helps maintain comfort of the head. [Soothes the nervous system and supports detoxification.]		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. e	Guggul	exudate	1	33.28	166.4
Calcii sulphas	Gypsum		2	8.32	41.6
Ipomoea turpethum R.Br.	White turpeth	root	2	8.32	41.6
Ferroso-ferric oxidum	Iron bhasma		2	8.32	41.6
Emblica officinalis Gaertn.	Amla	fruit rind	5	4.17	20.9
Terminalia belerica Roxb.	Bibhitaki	fruit rind	5	4.17	20.9
Terminalia chebula Retz.	Haritaki	fruit rind	5	4.17	20.9
Terminalia belerica Roxb.	Bibhitaki	fruit rind extract	8	2.62	13.1
Terminalia chebula Retz.	Haritaki	fruit extract	8	2.62	13.1
Emblica officinalis Gaertn.	Amla	fruit rind extract	10	2.23	11.2
Tribulus terrestris Linn.	Small Caltrops	fruit	11	2.08	10.4
Piper longum Linn.	Long Pepper	fruit	11	2.08	10.4
Zingiber officinale Rosc.	Ginger	rhizome	11	2.08	10.4
Glycyrrhiza glabra Linn.	Liquorice	root	11	2.08	10.4
Eclipta alba Hassk.	Trailing Eclipta	whole plant extra	15	0.97	4.9
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	16	0.58	2.9
Gmelina arborea Linn.	Cashmere Bark	bark extract	16	0.58	2.9
Desmodium gangeticum DC.	Tik Trefoil	whole plant extra	16	0.58	2.9
Oroxylum indicum Vent.	Trumpet Tree	bark extract	16	0.58	2.9
Aegle marmelos Corr.	Bael	bark extract	16	0.58	2.9
Solanum indicum Linn.	Indian nightshade	whole plant extra	16	0.58	2.9
Stereospermum suaveolens	Trumpet Flower	bark extract	16	0.58	2.9
Swertia chirata Buch.-Ham.	Chiretta	whole plant extra	16	0.58	2.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	16	0.58	2.9
Tribulus terrestris Linn.	Small Caltrops	fruit extract	16	0.58	2.9
Uraria picta Linn.	Prisniparni	whole plant extra	16	0.58	2.9
Premna integrifolia Linn.	Headache Tree	whole plant extra	16	0.58	2.9
Curcuma longa Linn.	Turmeric	rhizome extract	27	0.49	2.5
Starch	Starch	excipient	28	2	10.0
Acacia arabica Willd.	Gum Arabic	excipient	29	1	5.0
Talcum	Talc	excipient:lubrica	29	1	5.0
Magnesium stearate	Magnesium stearate	excipient	29	1	5.0

**Contraindications/Precautions** Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.

**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

<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1-2 tablets twice daily with water.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	Prefer light food, cow's ghee, green vegetables, old rice, grams. Avoid new rice, yoghurt, butter, fish, mustard, day sleep. Practice TM and yoga asanas.

## Presentation

<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid
---------------------	---

<b>UK Product Name</b>	Calm Temples (MA332)	<b>Code Name</b>	MA0332
<b>Availability</b>	Stock item in UK		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		