

UK Product Name	MA340 Cumin/Chinese Star Anise arishta	Code Name	MA0340
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10ml)
Aqua	D.M.Water		1	42.96	4,854.5
Saccharum officinarum Linn	Sugar Cane	juice of stem	2	40	4,520.0
Cuminum cyminum Linn.	Cumin	seed	3	9.6	1,084.8
Self generated alcohol	Self generated alcohol		4	5	565.0
Woodfordia fruticosa (Linn.)	Fire Flame Bush	flower	5	2.1	237.3
Illicium verum Hook. f.	Chinese Star Anise	fruit	6	0.07	7.9
Trachyspermum ammi (Linn.)	Ajowain	fruit	7	0.05	5.7
Mesua ferrea Linn.	Cobra's Saffron	flower	7	0.05	5.7
Zingiber officinale Rosc.	Ginger	rhizome	9	0.04	4.5
Syzygium aromaticum (Linn.)	Clove	flower bud	10	0.03	3.4
Elettaria cardamomum (Linn.)	Cardamom	fruit	10	0.03	3.4
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	10	0.03	3.4
Cyperus rotundus Linn.	Nut grass	tuberous root	13	0.02	2.3
Cinnamomum zeylanicum Bl	Cinnamon	bark	13	0.02	2.3
Myristica fragrans Houtt.	Nutmeg	seed	15	0.01	1.1

Contraindications/Precautions Not recommended if acid stomach and heartburn occur regularly; do not use during pregnancy and while nursing. Contains alcohol.

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	liquid
Method of Use	Take 2-3 teaspoons (10-15ml) twice daily after meals with an equal quantity of water. After 15-30 days stop using MA340 and start using MA927 (Herbal Digest tablets).
How Long to Continue Use?	Not more than 30 days
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	200ml in an amber glass or PET bottle with metal or plastic t/e cap.
Net Weight grams	226
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	120

Regulatory Status Medicine Exempt from Licensing