

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