

UK Product Name MA364 Inula/Ephedra complex **Code Name** MA0364
Availability Stock item in UK

Description
Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	24	120.0
Inula racemosa Hook. f.	Inula root	root	2	16	80.0
Adhatoda vasica Nees.	Malabar Nut	leaf	2	16	80.0
Ephedra gerardiana Wall.	Ephedra	stem	2	16	80.0
Glycyrrhiza glabra Linn.	Liquorice	root	5	11	55.0
Bambusa arundinacea Willd.	Bamboo Manna	secretion	6	6	30.0
Piper longum Linn.	Long Pepper	fruit	7	3	15.0
Zingiber officinale Rosc.	Ginger	rhizome	8	2	10.0
Piper nigrum Linn.	Black Pepper	fruit	8	2	10.0
Elettaria cardamomum (Linn.	Cardamom	fruit	8	2	10.0
Abies webbiana Lindl.	Silver Fir	leaf	11	1	5.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	11	1	5.0
Acacia arabica Willd.	Gum Arabic	excipient	13	2	10.0
Starch	Starch	excipient	14	1	5.0
Talcum	Talc	excipient:lubrica	15	0.5	2.5
Magnesium stearate	Magnesium stearate	excipient	15	0.5	2.5

Contraindications/Precautions Not recommended during pregnancy. Do not exceed recommended dose due to presence of Ephedra (80mg /tablet; UK's MHRA set a maximum intake of Ephedra of 600mg/dose or 1800 mg/day). Contains Ephedra which contains ephedrine. Ephedrine in urine can cause disqualification for athletes.

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 1-2 tablets twice daily with water. Do not exceed 4 tablets twice daily.
How Long to Continue Use? As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an HDPE pot with foil seal.
Net Weight grams 30
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Medicine Exempt from Licensing