

<b>UK Product Name</b>	Shilajit/Gymnema complex	<b>Code Name</b>	MA0408
<b>Availability</b>	Stock item in UK		
<b>Description</b>			

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	32.21	161.1
Gymnema sylvestre R.Br.	Gymnema	leaf	2	21.47	107.4
Cassia auriculata Linn.	Tanner's Cassia	seed	2	21.47	107.4
Azadirachta indica Adr. Juss.	Neem	leaf	2	21.47	107.4
Acacia arabica Willd.	Gum Arabic	excipient:binder	5	2.9	14.5
Talcum	Talc	excipient:lubrica	6	0.48	2.4

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1/2-1 tablet with warm milk twice daily
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	

## Presentation

<b>Presentation</b>	60 tablets in an HDPE pot with foil seal.
<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>	Medicine Exempt from Licensing