

UK Product Name	Memory Support ghee (MA3421)	Code Name	MA3421
Availability	Stock item in UK		
Description	Three of the most important 'medhya' herbs support mental functioning and resistance to stress.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/2.5g)
Cow ghee (clarified butter)	Clarified butter		1	95	2,375.0
Bacopa monnieri (Linn.) Pen	Jal Brahmi	whole plant	2	4.54	113.5
Withania somnifera (L.) Duna	Aswagandha	root	3	0.23	5.8
Convolvulus pluricaulis Chois	Aloeweed	whole plant	3	0.23	5.8

Contraindications/Precautions

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	herbal ghee
Method of Use	Take 1/2 -1 teaspoonfuls (2.5 - 5 grams) twice daily with an equal quantity milk and rock sugar. May be taken with food if more palatable.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	200 grams in an clear glass or PET jar with plastic lid
Net Weight grams	200
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status Food Supplement