

<b>UK Product Name</b>	Digest Mild tablets (MA593)	<b>Code Name</b>	MA0593
<b>Availability</b>	Stock item in UK		
<b>Description</b>	A mild digestive.		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Saccharum officinarum Linn	Crystal sugar	juice of stem	1	40.05	200.3
Carum carvi Linn.	Caraway	seed	2	13.35	66.8
Cuminum cyminum Linn.	Cumin	seed	3	10.02	50.1
Punica granatum Linn.	Pomegranate	seed	3	10.02	50.1
Sodium chloride b	Black salt		5	3.34	16.7
Elettaria cardamomum (Linn.)	Cardamom	fruit	6	2.25	11.3
Piper longum Linn.	Long Pepper	fruit	6	2.25	11.3
Zingiber officinale Rosc.	Ginger	rhizome	6	2.25	11.3
Sodium chloride	Rock salt		6	2.25	11.3
Piper nigrum Linn.	Black Pepper	fruit	6	2.25	11.3
Cinnamomum zeylanicum Blu	Cinnamon	bark	6	2.25	11.3
Citric acidum	Citric acid		12	1.48	7.4
Ferula narthex Boiss.	Asafoetida	exudate	13	0.27	1.4
Acacia arabica Willd.	Gum Arabic	excipient:binder	14	3.51	17.6
Starch	Starch	excipient:binder	15	2.64	13.2
Talcum	Talc	excipient:lubrica	16	0.91	4.6
Calcii carbonas	Calcium carbonate	excipient:lubrica	16	0.91	4.6

<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 2-4 tablets about 15 minutes after each meals with water or lassi (1 part fresh yoghurt with 2 parts water)
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	

### Presentation

<b>Presentation</b>	120 tablets in an amber PET pot with t/e lid
<b>Net Weight grams</b>	30
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	24

<b>Regulatory Status</b>	Food Supplement
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