

<b>UK Product Name</b>	Iron Rich tablets (MA600)	<b>Code Name</b>	MA0600
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Supports the body's ability to absorb iron. Each tablet contains 9mg of iron. 64% of RDA.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	22.01	110.1
Glycyrrhiza glabra Linn.	Liquorice	root	2	12	60.0
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	12	60.0
Piper longum Linn.	Long Pepper	fruit	2	12	60.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	5	6	30.0
Emblica officinalis Gaertn.	Amla	fruit rind	5	6	30.0
Phoenix dactylifera Linn.	Date Palm	fruit	5	6	30.0
Phyllanthus niruri Linn.	Bhumiamla	whole plant	8	3	15.0
Syzygium aromaticum (Linn.)	Clove	flower bud	8	3	15.0
Ferroso-ferric oxidum	Iron bhasma		8	3	15.0
Tinospora cordifolia (Willd.) H	Gulanchar Tinospora	stem	8	3	15.0
Cypraea moneta L.	Cowry Shell	shell bhasma	8	3	15.0
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	8	3	15.0
Mesua ferrea Linn.	Cobra's Saffron	flower	8	3	15.0
Eclipta alba Hassk.	Trailing Eclipta	whole plant	15	1.5	7.5
Acacia arabica Willd.	Gum Arabic	excipient	16	0.98	4.9
Talcum	Talc	excipient:lubrica	17	0.49	2.5

<b>Contraindications/Precautions</b>	May cause mild gastric disturbance. If so reduce intake to 1 tablet twice daily. When you are taking an iron supplement your bowel movements will tend to be darker and harder so you should increase the amounts of fluids and roughage in your diet.
<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 tablets twice daily with water after meals. Eat plenty green vegetables. For best results combine with either Triphala with Rose or Herbal Cleanse every other night.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	Eat plenty foods rich in iron - green leafy vegetables, carrots, dates, whole grains and pomegranates. Eat at regular times. Avoid confrontation. Reduce spicy foods.

## Presentation

<b>Presentation</b>	60 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>	36
<b>Regulatory Status</b>	Food Supplement