

**UK Product Name** Meda tablets (MA631) **Code Name** MA0631

**Availability** Stock item in UK

**Description**

Supports fat metabolism, immunity & strength in all tissues. [ Helps maintain energy, stamina, strong bones and reproductive fluid.]

Increase your stamina and longevity

Meda is a complex formula with broad benefits and cumulative benefits one of which is its ability to balance fat metabolism.

Herbal Masterpiece

The herbs in Meda are combined in exact proportions and prepared in the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

·□The main element is a treasured Ayurvedic ingredients called Asphaltum (Shilajit). The Ayurvedic texts say that it supports the restorative processes of all people - men and women, young and old.

·□We prepare Shilajit in the traditional way described in the Ayurvedic texts. The procedure takes three months to complete. This meticulous process is the only way to guarantee all the benefits described in the texts.

·□The combination of Long Pepper, Black Pepper and Ginger together are the well known formula Trikatu, which supports the whole digestive process and assimilation and is also very nourishing for the tissues (Dhatus).

**Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	43.95	219.8
Commiphora mukul (Hook. e	Guggul	exudate	2	10.99	55.0
Abies webbiana Lindl.	Silver Fir	leaf	3	9.58	47.9
Pistacia integerrima Stew. ex	Galls	gall	4	4.79	24.0
Piper nigrum Linn.	Black Pepper	fruit	4	4.79	24.0
Zingiber officinale Rosc.	Ginger	rhizome	4	4.79	24.0
Piper longum Linn.	Long Pepper	fruit	4	4.79	24.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	8	2.48	12.4
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	9	1.19	6.0
Bambusa arundinacea Willd.	Bamboo Manna	secretion	9	1.19	6.0
Mesua ferrea Linn.	Cobra's Saffron	flower	9	1.19	6.0
Elettaria cardamomum (Linn.	Cardamom	fruit	9	1.19	6.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	9	1.19	6.0
Vitis vinifera Linn.	Grape	fruit	14	0.63	3.2
Asparagus racemosus Willd.	Indian asparagus	tuberous root	15	0.41	2.1
Inula racemosa Hook. f.	Inula root	root	16	0.34	1.7
Glycyrrhiza glabra Linn.	Liquorice	root	17	0.31	1.6
Uraria picta Linn.	Prisniparni	whole plant	18	0.24	1.2
Tribulus terrestris Linn.	Small Caltrops	whole plant	18	0.24	1.2
Gmelina arborea Linn.	Cashmere Bark	bark	18	0.24	1.2
Pluchea lanceolata Oliver &	Indian Groundsel	leaf	21	0.22	1.1
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	22	0.19	1.0
Carum carvi Linn.	Caraway	fruit	23	0.15	0.8
Cuminum cyminum Linn.	Cumin	fruit	24	0.14	0.7
Sida cordifolia Linn.	Country Mallow	root	24	0.14	0.7
Oroxylum indicum Vent.	Trumpet Tree	bark	24	0.14	0.7
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	27	0.1	0.5
Withania somnifera (L.) Duna	Aswagandha	root	27	0.1	0.5
Scindapsus officinalis Schoot	Major Catkins	fruit	29	0.08	0.4
Stereospermum suaveolens	Trumpet Flower	bark	30	0.06	0.3
Aegle marmelos Corr.	Bael	bark	31	0.05	0.3
Baliospermum montanum Mu	Danti	root	31	0.05	0.3
Cyperus rotundus Linn.	Nut grass	tuberous root	31	0.05	0.3
Acacia arabica Willd.	Gum Arabic	exudate	34	2.9	14.5
Talcum	Talc	excipient:lubrica	35	0.5	2.5

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Magnesium stearate	Magnesium stearate	excipient	35	0.5	2.5
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**Contraindications/Precautions** Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.

**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 tablet 2-3 times a daily with warm milk on an empty stomach. (Can be used in double dose and higher frequencies under supervision).

**How Long to Continue Use?** As recommended in the General Information leaflet.

**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 60 tablets in an amber PET pot with t/e lid

**Net Weight grams** 30

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)** 36

**Regulatory Status** Food Supplement