

**UK Product Name** Rasayana for Men tablets (MA631) **Code Name** MA0631

**Availability** Stock item in UK

**Description** Helps revitalise and harmonize the male physiology as a whole. This outstanding formula is an anti-oxidant and supports the efficiency of the process whereby the cells in all tissues and organs are continually being replaced by new ones.  
Increase your stamina and longevity

Rasayana for Men is a herbal powerhouse, designed to unfold a man's innate strength and longevity. It helps maintain the rejuvenation of three foundations of your health: bones for a strong body, bone marrow for longevity and reproductive fluid for overall health, happiness and virility. When Rasayana for Men is taken regularly the benefits accumulate.

Rasayana for Men helps improve these Ayurvedic factors

- bone metabolism (Asthi-Agni) for dynamism and strength
- bone marrow (Majja Dhatu) for longevity and strength
- or strong, healthy reproductive fluid (Shukra Dhatu)

Herbal Masterpiece

The herbs in Rasayana for Men 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 a happy, long life, helps slow cellular aging develops physical stamina, and nourishes three important body tissues -- bone, bone marrow, and reproductive fluids.
- 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 Haritaki, Amla and Bibhitaki together are the well known formula Triphala, which supports the whole digestive process and assimilation and also very nourishing for the tissues (Dhatu). When taken regularly Triphala has a deep cleansing effect (<http://www.maharishi.co.uk/MAPITriphala.htm>).

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	43.95	219.8
Commiphora mukul (Hook. ex	Guggul	exudate	2	10.99	55.0
Abies webbiana Lindl.	Silver Fir	leaf	3	9.58	47.9
Piper longum Linn.	Long Pepper	fruit	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
Pistacia integerrima Stew. ex	Galls	gall	4	4.79	24.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	8	2.48	12.4
Elettaria cardamomum (Linn.)	Cardamom	fruit	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
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	9	1.19	6.0
Cinnamomum zeylanicum Blu	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
Gmelina arborea Linn.	Cashmere Bark	bark	18	0.24	1.2
Tribulus terrestris Linn.	Small Caltrops	whole plant	18	0.24	1.2
Uraria picta Linn.	Prisniparni	whole plant	18	0.24	1.2
Pluchea lanceolata Oliver & H	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
Oroxylum indicum Vent.	Trumpet Tree	bark	24	0.14	0.7
Sida cordifolia Linn.	Country Mallow	root	24	0.14	0.7
Cuminum cyminum Linn.	Cumin	fruit	24	0.14	0.7
Withania somnifera (L.) Dunal	Aswagandha	root	27	0.1	0.5

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Sphaeranthus indicus Linn.	Globe Thistle	whole plant	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
Baliospermum montanum Mu	Danti	root	31	0.05	0.3
Cyperus rotundus Linn.	Nut grass	tuberous root	31	0.05	0.3
Aegle marmelos Corr.	Bael	bark	31	0.05	0.3
Acacia arabica Willd.	Gum Arabic	excipient	34	2.9	14.5
Magnesium stearate	Magnesium stearate	excipient	35	0.5	2.5
Talcum	Talc	excipient	35	0.5	2.5

**Contraindications/Precautions** None

**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** Teens and adults

**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?** May be taken continuously for maximum benefit.

**Specific Dietary/Lifestyle Advice** To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

### 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