

**UK Product Name** MA686 Aswagandha/Indian Asparagus complex **Code Name** MA0686  
**Availability** Stock item in UK

**Description****Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	90	450.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	8	40.0
Acacia arabica Willd.	Gum Arabic	exudate	3	2	10.0
Magnesium stearate	Magnesium stearate	excipient:lubrica	4	0.5	2.5
Talcum	Talc	excipient:lubrica	4	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** All

**Dosage Form** 500mg tablet

**Method of Use** Take 1-2 tablets twice daily with water.

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

**Specific Dietary/Lifestyle Advice**

**Presentation**

**Presentation** 60 tablets in an HDPE pot with foil seal.

**Net Weight grams** 30

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

**Shelf Life (months)** 36

**Regulatory Status** Medicine Exempt from Licensing