

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.) Duna	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. For Pitta prakriti take with a little milk & ghee.
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	Food supplement
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