

UK Product Name	MA687 Liquorice/Aswagandha complex	Code Name	MA0687
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Liquorice	root	1	86.54	432.7
Withania somnifera (L.) Duna	Aswagandha	root	2	7.69	38.5
Acacia arabica Willd.	Gum Arabic	exudate	3	1.92	9.6
Starch	Starch	excipient	4	1.92	9.6
Talcum	Talc	excipient:lubrica	5	0.96	4.8
Magnesium stearate	Magnesium stearate	excipient	6	0.96	4.8

Contraindications/Precautions	Caution is advised in cases of congestive heart conditions.
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 about 30 mins before meals in morning and evening. Continue taking it for 1-2 months after colds or flu. For asthma take with Raja's Cup (MA704) or real coffee (not decaffeinated).
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