

**UK Product Name** Detox (MA1010) **Code Name** MA1010  
**Availability** Stock item in UK

**Description**

Helps detoxify the whole body to make you feel renewed, clear and healthy.

Digestive impurities, chemicals, toxins from the air and water, and stress can accumulate in your body faster than it can deal with them. They may have been there for years.

In ayurveda, these impurities are called "Ama". They disturb the liver, circulation, nutrition, elimination, blood, muscle and fat tissue. Even if you eat healthy food, if your digestion is not perfect, your body is still likely to produce Ama.

While some internal cleansers purify the colon and digestive tract only, Detox detoxifies your whole body by helping to purify the liver and metabolism, to support absorption of nutrients and reduce digestive impurities and to cleanse the sweat glands and eliminative organs to support production of pure nutritional fluid, blood and fat tissue.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tribulus terrestris Linn.	Small Caltrop	fruit	1	12.06	60.3
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	2	10.05	50.3
Glycyrrhiza glabra Linn.	Liquorice	root extract	2	10.05	50.3
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem extract	2	10.05	50.3
Rosa centifolia Linn.	Cabbage Rose	petal	5	7.04	35.2
Ipomoea turpethum R.Br.	White turpeth	root	5	7.04	35.2
Andrographis paniculata Nee	Kalmegh	whole plant	7	5.03	25.2
Berberis aristata DC	Indian Barberry	stem	7	5.03	25.2
Cyperus rotundus Linn.	Nut grass	tuberous root	7	5.03	25.2
Curcuma longa Linn.	Turmeric	rhizome	10	3.52	17.6
Swertia chirata Buch.-Ham.	Chiretta	whole plant	11	3.02	15.1
Santalum album Linn.	White sandalwood	heartwood	11	3.02	15.1
Rubia cordifolia Linn.	Indian Madder	root extract	11	3.02	15.1
Cassia fistula Linn	Indian Laburnum	fruit pulp extract	11	3.02	15.1
Withania somnifera (L.) Duna	Aswagandha	root	11	3.02	15.1
Azadirachta indica Adr. Juss.	Neem	leaf	16	2.01	10.1
Ferroso-ferric oxidum	Iron bhasma		16	2.01	10.1
Azadirachta indica Adr. Juss.	Neem	bark extract	16	2.01	10.1
Corallium rubrum L.	Red coral	stem	19	1.01	5.1
Acacia arabica Willd.	Gum Arabic	excipient	20	1.98	9.9
Calcii carbonas	Calcium carbonate	excipient - lubric	21	0.49	2.5
Talcum	Talc	excipient:lubrica	21	0.49	2.5

**Contraindications/Precautions** Not recommended for people with a predominance of Pitta or intolerance of heat. If you find Detox too heating use MA1663 instead. Do not take with Radiant Skin tabs (MA926), MA1000 or Be Trim 1 & 2 (MA1006, MA1007)

**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** For 10 days take 1 tablet twice daily with warm water. Then increase gradually to 2 tablets twice daily for up to 35 days.  
**How Long to Continue Use?** Continue for not more than about 45 days.  
**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

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<b>Availability</b>	Stock item in UK		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		