

UK Product Name

MA1123 Aswagandha/Amla/Brahmi complex

Code Name MA1123

Availability

Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	19.23	96.2
Embllica officinalis Gaertn.	Amla	fruit rind	1	19.23	96.2
Bacopa monnieri (Linn.) Penn	Jal Brahmi	whole plant	1	19.23	96.2
Piper longum Linn.	Long Pepper	root	4	9.62	48.1
Ipomoea digitata Linn.	Giant Potato	tuberous root	4	9.62	48.1
Glycyrrhiza glabra Linn.	Liquorice	root	4	9.62	48.1
Asparagus racemosus Willd.	Indian asparagus	tuberous root	4	9.62	48.1
Acacia arabica Willd.	Gum Arabic	excipient	8	2.88	14.4
Magnesium stearate	Magnesium stearate	excipient	9	0.48	2.4
Talcum	Talc	excipient	10	0.48	2.4

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 2 tablets twice daily with water.

How Long to Continue Use?

As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Take light easily digestible food, old rice, whole wheat bread, pomegranate, grapes, apples. Avoid heavy oily foods. Get good regular sleep. Avoid fearful situations. tak light entertainment. Create a cheerful home without dull and dark decorations. Practice TM, panorama and yoga asanas.

Presentation

Presentation

60 tablets in an HDPE pot with foil seal.

Net Weight grams

60

Storage

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

Shelf Life (months)

36

Regulatory Status

Medicine Exempt from Licensing