

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.) Duna	Aswagandha	root	1	19.23	96.2
Embllica officinalis Gaertn.	Amla	fruit rind	1	19.23	96.2
Centella asiatica (Linn.) Urba	Indian Pennywort	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	2.89	14.5
Magnesium stearate	Magnesium stearate	excipient	9	0.48	2.4
Talcum	Talc	excipient:lubrica	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. take 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	Food supplement