

UK Product Name	Sports Massage Oil (MA1201)	Code Name	MA1201
Availability	Stock item in UK		
Description	A warming oil that helps keep muscles relaxed.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Sesamum indicum Linn.	Sesame	seed oil	1	95	950.0
Mimosa pudica Linn.	Sensitive Plant	whole plant extr	2	0.52	5.2
Withania somnifera (L.) Dunal	Aswagandha	root extract	2	0.52	5.2
Sida cordifolia Linn.	Country Mallow	whole plant extr	2	0.52	5.2
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf extract	5	0.45	4.5
Desmodium gangeticum DC.	Tik Trefoil	whole plant extr	6	0.39	3.9
Trigonella foenum-graecum L	Fenugreek	seed extract	6	0.39	3.9
Uraria picta Linn.	Prisniparni	whole plant extr	8	0.26	2.6
Achyranthes aspera L.	Prickly Chaff Flower	whole plant extr	8	0.26	2.6
Cyperus pangorei Rottb.	Galingale	tuberous root extl	8	0.26	2.6
Curcuma amada Roxb.	Mango ginger	rhizome extract	8	0.26	2.6
Convolvulus pluricaulis Chois	Aloeweed	whole plant extr	8	0.26	2.6
Anethum sowa Roxb. ex Fle	Indian Dill	seed extract	8	0.26	2.6
Ailanthus excelsa Roxb.	Tree of Heaven	bark extract	8	0.26	2.6
Rubia cordifolia Linn.	Indian Madder	stem	15	0.21	2.1
Myristica fragrans Houtt.	Nutmeg	fruit extract	16	0.05	0.5
Curcuma longa Linn.	Turmeric	rhizome	16	0.05	0.5
Mesua ferrea Linn.	Cobra's Saffron	flower extract	16	0.05	0.5

Contraindications/Precautions For external use only. Avoid irritated or sensitive skin

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions None known

Usage

Age Group All

Dosage Form herbal oil

Method of Use Shake well. Apply a moderate amount to the affected area and massage gently in 2-3 times daily.

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Presentation

Presentation 100ml in an amber glass bottle

Net Weight grams

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

Shelf Life (months) 36

Regulatory Status General