

UK Product Name Peace of Mind tablets (MA1401) **Code Name** MA1401
Availability Stock item in UK

Description Helps maintain calm mind and emotions without reducing alertness.
 Maintain calm and alertness at the same time

When feeling pressured or tired, a minor irritation can turn into a major blow up. It's not the incident, but the ability to cope with it that determines how stressful a situation is. The way your body reacts to stress is immediate and automatic. So improving your stress response is vital for your health and longevity. Peace of Mind tablets support the mind's natural ability to function in a calm, focused and decisive fashion.

Helps support these ayurvedic factors
 -nourishes all forms of movement including thoughts, nerve impulses, circulation, elimination and respiration (Vata)
 -mental activities: energy, creativity, perception, consciousness and self-realization (Prana Vata)
 -the three types of mental ability; acquisition, retention and recall (Dhi, Dhriti, and Smriti)

Herbal Masterpiece

The herbs in Peace of Mind tablets are combined in exact proportions and prepared in the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy — the collective benefit is much greater than isolated, individual herbs.

The main ingredients are renowned 'Medhya' herbs that support mental function. These are Aloeweed, Jal-Brahmi, Indian Tinospora and Liquorice.

- Aloeweed directly nourishes the nerve cells in all areas of the body.
- Pearl is traditionally one of the richest forms of calcium, which contributes to good sleep, clarity of mind, and normal brain functioning.
- Indian Tinospora has a unique effect of cleaning out the micro-circulatory channels of the body. This improves the flow of nutrients to the brain and nerve cells.
- Spikenard supports regeneration of nerve cells and is well known for its settling effects for the mind and emotions.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	32.2	322.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	1	32.2	322.0
Glycyrrhiza glabra Linn.	Liquorice	root	3	8.59	85.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	4	6.87	68.7
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	5	5.14	51.4
Bacopa monnieri (Linn.) Pen	Jal Brahmi	whole plant	5	5.14	51.4
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl bhasma	7	3.43	34.3
Alpinia galanga (L.) Sw.	Greater Galangal	rhizome	8	1.71	17.1
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	9	0.87	8.7
Acacia arabica Willd.	Gum Arabic	excipient	10	2.9	29.0
Magnesium stearate	Magnesium stearate	excipient	11	0.5	5.0
Talcum	Talc	excipient:lubrica	11	0.5	5.0

Contraindications/Precautions Unsupervised combination with Peace at Night tablets (MA107) is not recommended.

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 1000mg tablet

Method of Use Take 1 tablet twice daily with water after meals. Not recommended before bed.

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

Specific Dietary/Lifestyle Advice Establish a regular routine; do an oil massage regularly; early to bed, early to rise; get plenty rest; eat warm, nourishing food 2-3 times daily at regular times; do not fast; avoid stimulants such as caffeine and alcohol; favour warm, heavier, oily, foods with sweet, sour & salty tastes; reduce cold, dry, light foods with pungent,

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Availability	Stock item in UK bitter & astringent tastes; reduce travel; avoid dry, cold and windy weather; drink plenty hot/warm liquids; practice Transcendental Meditation regularly.		
Presentation			
Presentation	60 tablets in an amber PET pot with t/e lid.		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		