

**UK Product Name** Blissful Joy tablets (MA1402) **Code Name** MA1402

**Availability** Stock item in UK

**Description** To help uplift the emotions and self-confidence.

This herbal formula nourishes the mind-body connection by strengthening cells and uplifting your emotions -- for a renewed feeling of energy, happiness and an overall sense of well-being.

The herbs and minerals in Blissful Joy help to support metabolism and revitalize cell growth for natural energy, alertness, well-being, resistance to stress and improve stability.

Herbal Masterpiece

The herbs in Blissful Joy are combined in precise proportions and prepared in the ayurvedic way. This improves bioavailability of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

- Arjuna is especially known to strengthen the heart and emotions (Sadhaka Pitta).
- Ashwagandha and Holy Basil, have powerful "adaptogenic" properties. They assist the body's natural resistance to stressful situations.
- Ashwagandha is also very effective in balancing the mind (Prana Vata) and maintaining emotional stability.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	27.54	275.4
Terminalia arjuna W. & A.	Arjuna	bark extract	2	23.19	231.9
Emblca officinalis Gaertn.	Amla	fruit rind	3	13.53	135.3
Boerhaavia diffusa Linn.	Spreading Hogweed	root	4	4.83	48.3
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	4	4.83	48.3
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	6	2.34	23.4
Gmelina arborea Linn.	Cashmere Bark	bark extract	7	2.19	21.9
Uraria picta Linn.	Prisniparni	whole plant extra	8	1.76	17.6
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	9	1.61	16.1
Premna integrifolia Linn.	Headache Tree	whole plant extra	10	1.46	14.6
Ocimum basilicum L.	Sweet basil	leaf	11	1.45	14.5
Oroxylum indicum Vent.	Trumpet Tree	bark extract	12	1.32	13.2
Solanum indicum Linn.	Indian nightshade	whole plant extra	13	1.17	11.7
Piper nigrum Linn.	Black Pepper	fruit	14	0.97	9.7
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	14	0.97	9.7
Myristica fragrans Hoult.	Nutmeg	kernel	14	0.97	9.7
Myristica fragrans Hoult	Mace	aril	14	0.97	9.7
Akik stone incinerated	Akik stone bhasma		14	0.97	9.7
Zingiber officinale Rosc.	Ginger	rhizome dry	14	0.97	9.7
Amomum subulatum Roxb.	Greater cardamom	fruit	14	0.97	9.7
Piper longum Linn.	Long Pepper	fruit	14	0.97	9.7
Desmodium gangeticum DC.	Tik Trefoil	whole plant extra	22	0.88	8.8
Stereospermum suaveolens	Trumpet Flower	bark extract	23	0.44	4.4
Aegle marmelos Corr.	Bael	bark extract	24	0.37	3.7
Acacia arabica Willd.	Gum Arabic	excipient	25	1.93	19.3
Calcii carbonas	Calcium carbonate	excipient	26	1.45	14.5

## Contraindications/Precautions

### 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. Ideally do not take on an empty stomach and wait 1 hour after full meals.

### How Long to Continue Use?

As recommended in the General Information leaflet.

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<b>Specific Dietary/Lifestyle Advice</b>	Favour light, dry, warm foods with pungent, bitter & astringent tastes; reduce heavy, oily, cold, foods with sweet, sour and salty tastes; do not over eat; take a little fresh ginger with a pinch of salt before meals; raw honey is the one sweetener that is good for you; exercise regularly – preferably every day; enjoy variety in life - seek out new sights, sounds & people. Stay warm, avoid cold damp environments; early to bed, early to rise.		
<b>Presentation</b>			
<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid.		
<b>Net Weight grams</b>	60		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		