

UK Product Name Rasayana for Energy tablets (MA1403) **Code Name** MA1403
Availability Stock item in UK

Description

Helps enhance energy levels. Helps maintain access to your potential energy by keeping open the channels through which it can then flow. Enhances nutrient availability and replacement of old cells with new.

Open the gates to unlimited energy
 When was the last time you felt a rush of exhilarating energy flowing through your body?

If you're feeling worn out, maybe it's been a while. But your body has the potential to generate all the energy you want.
 How? Your circulation goes beyond veins and arteries to minute channels that supply nutrients and energy for all the billions of cells in your body. When the channels are clogged with digestive impurities, then fatigue sets in.

Rasayana for Energy combines 18 herbs and minerals that support the clear flow of energy and quickly helps to build energetic new cells. You'll feel revitalized and full of life.

Herbal Masterpiece

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

- Country Mallow (Bala) and nine other herbs make up the renowned ayurvedic energy tonic called Dashmula. These herbs are famous for their restorative value that helps the body replace dead cells quickly.
- Liquorice, Nutmeg, Ginger, Black Pepper and Long Pepper are highly effective for supporting digestion and the assimilation of nutrients.
- Ashwagandha helps the body adapt to and recover from stress.
- Zinc Bhasma is an excellent source of the trace mineral Zinc and is especially valuable in combating fatigue. It is meticulously processed with other herbs to enhance its bioavailability.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Duna	Aswagandha	root	1	28.85	288.5
Glycyrrhiza glabra Linn.	Liquorice	root extract	2	17.31	173.1
Emblica officinalis Gaertn.	Amla	fruit rind	3	14.42	144.2
Sida cordifolia Linn.	Country Mallow	whole plant extra	4	11.54	115.4
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	5	3.32	33.2
Gmelina arborea Linn.	Cashmere Bark	bark extract	6	3.13	31.3
Uria picta Linn.	Prisniparni	whole plant extra	7	2.5	25.0
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	8	2.28	22.8
Premna integrifolia Linn.	Headache Tree	whole plant extra	9	2.08	20.8
Oroxylum indicum Vent.	Trumpet Tree	bark extract	10	1.88	18.8
Solanum indicum Linn.	Indian nightshade	whole plant extra	11	1.66	16.6
Desmodium gangeticum DC.	Tik Trefoil	whole plant extra	12	1.25	12.5
Myristica fragrans Houtt.	Nutmeg	kernel	13	0.96	9.6
Piper nigrum Linn.	Black Pepper	fruit	13	0.96	9.6
Zinc oxide	Zinc bhasma		13	0.96	9.6
Zingiber officinale Rosc.	Ginger	rhizome	13	0.96	9.6
Piper longum Linn.	Long Pepper	fruit	13	0.96	9.6
Stereospermum suaveolens	Trumpet Flower	bark extract	18	0.62	6.2
Aegle marmelos Corr.	Bael	bark extract	19	0.52	5.2
Acacia arabica Willd.	Gum Arabic	excipient	20	0.96	9.6
Calcii carbonas	Calcium carbonate	excipient	20	0.96	9.6
Talcum	Talc	excipient:lubrica	20	0.96	9.6
Starch	Starch	excipient	20	0.96	9.6

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

UK Product Name Rasayana for Energy tablets (MA1403) **Code Name** MA1403
Availability Stock item in UK

Usage

Age Group All
Dosage Form 1000mg tablet
Method of Use Take 1-2 tablets 2-3 times 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.
Specific Dietary/Lifestyle Advice Fatigue is often caused by accumulation of Ama. Elimination of Ama by appropriate means is likely to be helpful. To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

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