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| UK Product Name | Cold Season Defence tablets (MA1404) | Code Name | MA1404 |
| Availability | Stock item in UK | | |
| Description | <p>To help revitalize natural resistance and detoxify.</p> <p>Resistance to viruses is natural when your body is prepared. Cold Season Defence offers nutritional support to the body's natural defences.</p> <p>The herbs in Cold Season Defence support:</p> <ul style="list-style-type: none"> -well-being and comfort -balance of the moisture level and mucus in the lungs and sinuses -strong digestion to minimise production of toxic food residues and -removal of toxins that can weaken resistance -the body's defence mechanisms <p>Herbal Masterpiece</p> <p>The herbs in Cold Season Defence 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.</p> <ul style="list-style-type: none"> -Inula, Liquorice and Hyssop to help balance mucus and moisture. -Long Pepper, combines with Black Pepper and Gallsto help improve nutrient circulation. -Holy Basil aids the innate defence systems. | | |

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/1000mg) |
|-------------------------------|--------------------|-------------------|------|-------|---------------------|
| Ocimum sanctum Linn. | Holy Basil | whole plant | 1 | 29.57 | 295.7 |
| Hyssopus officinalis Linn. | Hyssop | whole plant | 2 | 19.71 | 197.1 |
| Pistacia integerrima Stew. ex | Galls | gall | 3 | 18.73 | 187.3 |
| Inula racemosa Hook. f. | Inula root | root | 4 | 9.86 | 98.6 |
| Glycyrrhiza glabra Linn. | Liquorice | root extract | 4 | 9.86 | 98.6 |
| Clerodendrum serratum (Linn) | Glorybower | bark extract | 6 | 4.93 | 49.3 |
| Piper nigrum Linn. | Black Pepper | fruit | 7 | 1.48 | 14.8 |
| Piper longum Linn. | Long Pepper | fruit | 7 | 1.48 | 14.8 |
| Alpinia galanga (L.) Sw. | Greater Galangal | rhizome | 7 | 1.48 | 14.8 |
| Starch | Starch | excipient | 10 | 0.97 | 9.7 |
| Magnesium stearate | Magnesium stearate | excipient | 10 | 0.97 | 9.7 |
| Talcum | Talc | excipient:lubrica | 10 | 0.97 | 9.7 |

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| 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 | 1000mg tablet |
| Method of Use | In preparation for the cold season take 1-2 tablets twice daily. Otherwise take 1-2 tablets 2-3 times a day. |
| How Long to Continue Use? | As recommended in the General Information leaflet. |
| Specific Dietary/Lifestyle Advice | 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. |

Presentation

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| Presentation | 30 tablets in an amber PET pot with t/e lid. |
| Net Weight grams | 30 |
| Storage | Store in a cool, dry, dark place, tightly closed |
| Shelf Life (months) | 36 |



Public Information

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Regulatory Status

Food Supplement