

<b>UK Product Name</b>	Cold Season Defence tablets (MA1404)	<b>Code Name</b>	MA1404
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<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"> <li>· well-being and comfort</li> <li>· balance of the moisture level and mucus in the lungs and sinuses</li> <li>· strong digestion to minimise production of toxic food residues and</li> <li>· removal of toxins that can weaken resistance</li> <li>· the body's defence mechanisms</li> </ul> <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"> <li>· Inula, Liquorice and Hyssop to help balance mucus and moisture.</li> <li>· Long Pepper, combines with Black Pepper and Galls help improve nutrient circulation.</li> <li>· Holy Basil aids the innate defence systems.</li> </ul>		

### 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)	Glory Tree	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	10	0.97	9.7

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	1000mg tablet
<b>Method of Use</b>	In preparation for the cold season take 1-2 tablets twice daily. Otherwise take 1-2 tablets 2-3 times a day.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<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.

### Presentation

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



## Public Information

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