

UK Product Name

MA1596 Guggul/Turmeric complex

Code Name MA1596

Availability

Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. ex	Guggul	exudate	1	19.42	97.1
Curcuma longa Linn.	Turmeric	rhizome	1	19.42	97.1
Rubia cordifolia Linn.	Indian Madder	root extract	3	5.83	29.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	3	5.83	29.2
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	3	5.83	29.2
Phyllanthus niruri Linn.	Bhumiamla	whole plant extr	3	5.83	29.2
Nyctanthes arbortristis Linn.	Night Jasmine	leaf extract	3	5.83	29.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	8	4.85	24.3
Asphaltum	Shilajit	exudate	8	4.85	24.3
Emblica officinalis Gaertn.	Amla	fruit rind	10	3.88	19.4
Glycyrrhiza glabra Linn.	Liquorice	root	10	3.88	19.4
Terminalia chebula Retz.	Haritaki	fruit rind	10	3.88	19.4
Terminalia belerica Roxb.	Bibhitaki	fruit rind	10	3.88	19.4
Calcii carbonas	Calcium carbonate	excipient	14	1.94	9.7
Piper nigrum Linn.	Black Pepper	fruit	15	0.97	4.9
Zinc oxide	Zinc bhasma		15	0.97	4.9
Zingiber officinale Rosc.	Ginger	rhizome	15	0.97	4.9
Piper longum Linn.	Long Pepper	fruit	15	0.97	4.9
Talcum	Talc	excipient	19	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient	19	0.49	2.5

Contraindications/Precautions

Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.

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

Adults

Dosage Form

500mg tablet

Method of Use

Take 1-2 tablets once or twice daily.

How Long to Continue Use?

As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Favour a fibre rich diet; drink warm water throughout the day; if you crave sweets & plenty sweet juicy fruits; avoid citrus fruits and excess salt; season your food with turmeric, cumin, coriander, fennel, & clove; use ghee rather than any other oil in your diet; avoid leftovers & heavy foods such as red meat and deep-fried foods.

Presentation

Presentation

60 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

Regulatory Status

Medicine Exempt from Licensing