

UK Product Name MA1673 Indian Frankincense/Bhumi Amla complex **Code Name** MA1673
Availability Stock item in UK

Description
Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Boswellia serrata Roxb.	Indian Frankincense	exudate	1	19.41	97.1
Phyllanthus niruri Linn.	Bhumiamla	whole plant	2	15.53	77.7
Nyctanthes arbortristis Linn.	Night Jasmine	leaf	3	15.53	77.7
Withania somnifera (L.) Dunal	Aswagandha	root	4	15.53	77.7
Curcuma longa Linn.	Turmeric	rhizome	5	5.82	29.1
Glycyrrhiza glabra Linn.	Liquorice	root	6	3.88	19.4
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	7	3.88	19.4
Emblica officinalis Gaertn.	Amla	fruit rind	8	3.24	16.2
Terminalia chebula Retz.	Haritaki	fruit rind	9	3.24	16.2
Terminalia belerica Roxb.	Bibhitaki	fruit rind	10	3.24	16.2
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell	11	2.91	14.6
Piper nigrum Linn.	Black Pepper	fruit	12	1.62	8.1
Piper longum Linn.	Long Pepper	fruit	13	1.62	8.1
Zingiber officinale Rosc.	Ginger	rhizome	14	1.61	8.1
Zinc oxide	Zinc bhasma		15	0.97	4.9
Acacia arabica Willd.	Gum Arabic	excipient:binder	16	1.94	9.7
Talcum	Talc	excipient:lubrica	17	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient:lubrica	17	0.49	2.5

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 500mg tablet
Method of Use Take 1-2 tablets 2-3 times a day with water
How Long to Continue Use? As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an HDPE pot with foil seal.
Net Weight grams 30
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Medicine Exempt from Licensing