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| UK Product Name | Blissful Sleep - Vata (MA1683) | Code Name | MA1683 |
| Availability | Stock item in UK | | |
| Description | Helps sleep come easily when you are on edge (Vata balancing). Not habituating. | | |

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/1000mg) |
|---------------------------------|---------------------------|-------------------|------|-------|---------------------|
| Rosa centifolia Linn. | Cabbage Rose | petal | 1 | 26.28 | 262.8 |
| Convolvulus pluricaulis Chois | Aloeweed | whole plant | 2 | 12.93 | 129.3 |
| Embllica officinalis Gaertn. | Amla | fruit rind | 2 | 12.93 | 129.3 |
| Withania somnifera (L.) Duna | Aswagandha | root | 4 | 8.62 | 86.2 |
| Valeriana wallichii DC. | Indian Valerian | rhizome | 4 | 8.62 | 86.2 |
| Bacopa monnieri (Linn.) Pen | Jal Brahmi | whole plant | 4 | 8.62 | 86.2 |
| Nardostachys jatamansi DC. | Indian Spikenard | rhizome | 4 | 8.62 | 86.2 |
| Sida cordifolia Linn. | Country Mallow | root | 8 | 2.59 | 25.9 |
| Tinospora cordifolia (Willd.) H | Gulancha Tinospora | stem | 9 | 1.28 | 12.8 |
| Glycyrrhiza glabra Linn. | Liquorice | root | 9 | 1.28 | 12.8 |
| Biotite mica | Abhraka bhasma | | 11 | 0.43 | 4.3 |
| Cinnamomum zeylanicum Bl | Cinnamon | bark | 11 | 0.43 | 4.3 |
| Syzygium aromaticum (Linn.) | Clove | flower bud | 11 | 0.43 | 4.3 |
| Elettaria cardamomum (Linn.) | Cardamom | fruit | 11 | 0.43 | 4.3 |
| Pinctada margaritifera b | Black Lipped Oyster Pearl | pearl | 11 | 0.43 | 4.3 |
| Piper nigrum Linn. | Black Pepper | fruit | 16 | 0.29 | 2.9 |
| Zingiber officinale Rosc. | Ginger | rhizome | 16 | 0.29 | 2.9 |
| Piper longum Linn. | Long Pepper | fruit | 16 | 0.29 | 2.9 |
| Acacia arabica Willd. | Gum Arabic | excipient | 19 | 2.84 | 28.4 |
| Starch | Starch | excipient | 20 | 1.9 | 19.0 |
| Talcum | Talc | excipient:lubrica | 21 | 0.47 | 4.7 |

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 | 1000mg tablet |
| Method of Use | Take 1 tablet 30 minutes before bedtime with warm water or warm milk. |
| How Long to Continue Use? | As recommended in the General Information leaflet. |
| Specific Dietary/Lifestyle Advice | |

Presentation

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|----------------------------|--|
| Presentation | 60 tablets in an amber PET bottle 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