

UK Product Name Blissful Sleep - Pitta (MA1684) **Code Name** MA1684

Availability Stock item in UK

Description Supports uninterrupted sleep (Pitta balancing]. Not habit forming.

If you regularly wake up very early and cannot fall asleep again this can be due to an imbalance of Pitta dosha. Blissful Sleep - Pitta:

- coordinates the heart and mind for increased contentment (Sadhaka Pitta)
- supports deep refreshing sleep
- helps to repair the effects of long term lack of sleep

Herbal Masterpiece

The herbs in Blissful Sleep - Pitta are combined in exact proportions and prepared in the traditional Ayurvedic way. This improve the bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

- Indian Valerian and Spikenard are natural sleep aids.
- Indian Tinospora and Ashwagandha are rasayanas -- they promote life-extension (Ayushya effect). They also increase the quantity and quality of Ojas, the master coordinator between consciousness and the body. The result is normal, refreshing sleep.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Rosa centifolia Linn.	Cabbage Rose	petal	1	28.85	288.5
Embllica officinalis Gaertn.	Amla	fruit rind	2	15.39	153.9
Convolvulus pluricaulis Chois	Aloeweed	whole plant	3	9.62	96.2
Althaea officinalis	Marsh Mallow	flower	4	5.77	57.7
Sida cordifolia Linn.	Country Mallow	root	4	5.77	57.7
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	4	5.77	57.7
Terminalia arjuna W. & A.	Arjuna	bark	4	5.77	57.7
Valeriana wallichii DC.	Indian Valerian	rhizome	4	5.77	57.7
Withania somnifera (L.) Duna	Aswagandha	root	9	2.89	28.9
Asparagus racemosus Willd.	Indian asparagus	tuberous root	9	2.89	28.9
Glycyrrhiza glabra Linn.	Liquorice	root	11	1.92	19.2
Tinospora cordifolia (Willd.) H	Gulanchna Tinospora	stem starch	12	1.91	19.1
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	13	0.97	9.7
Elettaria cardamomum (Linn.)	Cardamom	fruit	14	0.48	4.8
Cinnamomum zeylanicum Bl	Cinnamon	bark	14	0.48	4.8
Biotite mica	Abhraka bhasma		14	0.48	4.8
Syzygium aromaticum (Linn.)	Clove	flower bud	14	0.48	4.8
Piper nigrum Linn.	Black Pepper	fruit	18	0.16	1.6
Zingiber officinale Rosc.	Ginger	rhizome	18	0.16	1.6
Piper longum Linn.	Long Pepper	fruit	18	0.16	1.6
Acacia arabica Willd.	Gum Arabic	excipient	21	3.83	38.3
Talcum	Talc	excipient:lubrica	22	0.48	4.8

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 water

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an amber PET bottle with t/e lid



Public Information

UK Product Name	Blissful Sleep - Pitta (MA1684)	Code Name	MA1684
Availability	Stock item in UK		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		