

<b>UK Product Name</b>	Menopause Vitality (MA1807)	<b>Code Name</b>	MA1807
<b>Availability</b>	Stock item in UK		
<b>Description</b>	For women pre and post menopause. Enhances vitality, bliss and strength. Nourishes the genito-urinary tract.		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asparagus racemosus Willd.	Indian asparagus	tuberous root	1	48	240.0
Mucuna pruriens (L.) DC.	Cowage	seed	2	19	95.0
Acacia arabica Willd.	Gum Arabic	exudate	3	10	50.0
Hibiscus rosa-sinensis Linn.	Shoe Flower	flower	4	5	25.0
Rosa centifolia Linn.	Cabbage Rose	petal	5	4	20.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	6	2	10.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	6	2	10.0
Woodfordia fruticosa (Linn.)	Fire Flame Bush	flower	6	2	10.0
Sida cordifolia Linn.	Country Mallow	whole plant extra	9	1	5.0
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	9	1	5.0
Terminalia chebula Retz.	Haritaki	fruit rind	9	1	5.0
Embllica officinalis Gaertn.	Amla	fruit rind	9	1	5.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	9	1	5.0
Zinc oxide	Zinc bhasma		9	1	5.0
Myristica fragrans Houutt.	Nutmeg	fruit	9	1	5.0
Caesalpinia sappan Linn.	Sappan wood	wood extract	15	0.5	2.5
Talcum	Talc	excipient:lubrica	16	0.5	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

<b>Age Group</b>	Adult
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 2 tablets twice daily with Luke warm water.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

### Presentation

<b>Presentation</b>	60 tablets in an amber PET bottle 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

**Regulatory Status** Food Supplement