

UK Product Name

MA1808 Indian Pennywort/Spikenard complex

Code Name MA1808

Availability

Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Centella asiatica (Linn.) Urba	Indian Pennywort	whole plant	1	29	145.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	2	10	50.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	2	10	50.0
Bacopa monnieri (Linn.) Penn	Jal Brahmi	whole plant	2	10	50.0
Ocimum sanctum Linn.	Holy Basil	seed	5	9.5	47.5
Anthocephalus chinensis (La	Kadamba	bark	5	9.5	47.5
Angelica glauca Edgw.	White Angelica	root	5	9.5	47.5
Piper nigrum Linn.	Black Pepper	fruit	8	3	15.0
Syzygium aromaticum (Linn.)	Clove	flower bud	9	2	10.0
Rosa centifolia Linn.	Cabbage Rose	petal	9	2	10.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	9	2	10.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	12	1	5.0
Acacia arabica Willd.	Gum Arabic	excipient	13	2	10.0
Talcum	Talc	excipient	14	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

Age Group

Adult

Dosage Form

500mg tablet

Method of Use

Take 1-2 tablets twice daily with Luke warm 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

Net Weight grams

30

Storage

Store in a cool, dry, dark place, tightly closed

Shelf Life (months)

36

Regulatory Status

Medicine Exempt from Licensing