

UK Product Name Menopause Temperature Balance (MA1815) **Code Name** MA1815
Availability Stock item in UK

Description

Helps to maintain even body temperature pre- and post-menopause. It pacifies Pitta dosha (fire element) in the deeper tissues and helps keep the channels open so that flow of heat is regular. It also nurtures the connection between mind and body and mind and heart.

Cool and nourish the channels of the body
 The Graceful Transition Temperature Balance tablets contain a mixture of herbs that pacify Pitta dosha (fire element) in the deeper tissues of the body. According to Ayurveda, hot flashes occur when heat transfer in the body becomes irregular because of clogged channels. This formula helps to keep the channels (shrotas) clear and balance heat regulation in the body. The herbs balance the 13 agnis (fires) in the physiology and nurture the connection between mind and body and mind and heart.

Herbal Masterpiece

The herbs in Temperature Balance are combined in precise proportions and prepared in the traditional Ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

-Indian asparagus, Sarsaparilla, Vetivert, Waterlily, Sandalwood, Indian Tinospora, Rose, Long Pepper, Red Coral and Abhraka bhasma combine to cool Pitta in the deeper tissues of the body. This combination is the vehicle to get the cooling effect into targeted tissues.

-Asparagus, Sarsaparilla, Sandalwood, Amla, Indian Tinospora, Waterlily, Licorice, Rose and Red Coral all help to balance the solar element (agni) by increasing soma (the lunar energy element).

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asparagus racemosus Willd.	Indian asparagus	tuberous root	1	38.65	193.3
Tribulus terrestris Linn.	Small Caltrops	fruit	2	9.66	48.3
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	3	4.83	24.2
Corallium rubrum L.	Red coral	stem	4	4.06	20.3
Santalum album Linn.	White sandalwood	heartwood extra	5	3.86	19.3
Phyllanthus niruri Linn.	Bhumiamla	whole plant	6	2.9	14.5
Biotite mica	Abhraka bhasma		6	2.9	14.5
Rosa centifolia Linn.	Cabbage Rose	petal	6	2.9	14.5
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	6	2.9	14.5
Emblica officinalis Gaertn.	Amla	fruit rind	6	2.9	14.5
Asparagus adscendens Roxb	White Shatavari	tuberous root	6	2.9	14.5
Cypraea moneta L.	Cowry Shell	shell	12	1.98	9.9
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	12	1.98	9.9
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell	12	1.98	9.9
Turbinella rapa Lamark.	Conch Shell	shell	12	1.98	9.9
Glycyrrhiza glabra Linn.	Liquorice	root	16	1.93	9.7
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	16	1.93	9.7
Cuminum cyminum Linn.	Cumin	fruit	16	1.93	9.7
Vetiveria zizanioides (Linn.) N	Vetivert	root	16	1.93	9.7
Piper longum Linn.	Long Pepper	fruit	20	1.55	7.8
Nymphaea sp	Water Lily	flower	21	0.97	4.9
Acacia arabica Willd.	Gum Arabic	excipient	22	2.9	14.5
Talcum	Talc	excipient:lubrica	23	0.48	2.4

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

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Availability	Stock item in UK		
Method of Use	Take 1-2 tablets twice daily 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		
Net Weight grams	30		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		