

UK Product Name Cardio Support (MA1816) **Code Name** MA1816
Availability Stock item in UK

Description Supports the health of the heart by balancing the three factors that govern the emotions, the sense of strength & stability, and heart beat and blood flow.

Nourish and nurture the heart
 From the ayurvedic perspective, the heart is the seat of prana - life energy - which is maintained by a delicate balance of agni (the solar energy element) and soma (the lunar energy element). Excess mental and emotional stress wastes away soma in the heart. The heart is also the seat of ojas, the substance within us that maintains life and promotes bliss and longevity. To protect and nourish the physical heart and the emotional heart, it is essential to promote both soma and ojas. The function of the heart is governed also by three sub-doshas: Sadhaka Pitta (emotional balance), Avalambaka Kapha (stability, strength and sense of security) and Vyana Vata (blood flow and beat).

Cardio Support contains three herbs that are renowned for their ability to support the heart - Arjuna, which balances Sadhaka Pitta and nourishes both the physical and the emotional heart; Rose petals which are cooling and nourish soma; and Guggul, which has been shown in research studies to help balance cholesterol.

Herbal Masterpiece

The herbs in Cardio Support 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.

- ☐The combination of Indian asparagus, Holy basil, pearl and Indian Tinospora promotes production of soma.
- ☐Shilajit, Zinc Bhasma, Mica Bhasma and Liquorice promote ojas.
- ☐Arjuna, Cabbage Rose, Liquorice, Asparagus, Sugar cane, Mica Bhasma and Indian Tinospora pacify Sadhaka Pitta.
- ☐Avalambaka Kapha is supported by Shilajit, Guggul, Zinc Bhasma, Oyster, conch and cowry shell bhasmas, Aloe vera, Holy Basil and Sarsaparilla.
- ☐Vyana Vata is balanced by Guggul, Spreading Hogweed, Mica Bhasma, Liquorice, Holy Basil, Ashwagandha and Malabar Nut Tree.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Boerhaavia diffusa Linn.	Spreading Hogweed	root	1	14	70.0
Terminalia arjuna W. & A.	Arjuna	bark	1	14	70.0
Nelumbo nucifera Gaertn.	Sacred Lotus	seed	3	11	55.0
Commiphora mukul (Hook. e	Guggul	exudate	3	11	55.0
Sida cordifolia Linn.	Country Mallow	root	3	11	55.0
Rosa centifolia Linn.	Cabbage Rose	flower	6	9.5	47.5
Asphaltum	Shilajit	exudate	7	5.5	27.5
Bergenia ciliata (Haw.) Stern	Stone Crusher Plant	root	7	5.5	27.5
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	9	3	15.0
Tribulus terrestris Linn.	Small Caltrops	fruit	10	2	10.0
Glycyrrhiza glabra Linn.	Liquorice	root	10	2	10.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	12	1.34	6.7
Boerhaavia diffusa Linn.	Spreading Hogweed	root extract	13	1	5.0
Aloe barbadensis Mill.	Indian Aloe	leaf extract	13	1	5.0
Ocimum sanctum Linn.	Holy Basil	leaf extract	13	1	5.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root ext	13	1	5.0
Saccharum officinarum Linn.	Sugar Cane	stem extract	13	1	5.0
Adhatoda vasica Nees.	Malabar Nut	leaf extract	13	1	5.0
Lactus	Cow's milk	dry extract	13	1	5.0
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	13	1	5.0
Zinc oxide	Zinc bhasma		13	1	5.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	13	1	5.0
Withania somnifera (L.) Duna	Aswagandha	root extract	13	1	5.0
Nelumbo nucifera Gaertn.	Sacred Lotus	root extract	13	1	5.0
Biotite mica	Abhraka bhasma		13	1	5.0
Corallium rubrum L.	Red coral	stem	26	0.67	3.4
Turbinella rapa Lamark.	Conch Shell	shell bhasma	27	0.34	1.7

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Pinctada vulgaris (Schumacher)	Indian Pearl Oyster Shell	shell bhasma	27	0.34	1.7
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	29	0.17	0.9
Cypraea moneta L.	Cowry Shell	shell bhasma	30	0.14	0.7
Acacia arabica Willd.	Gum Arabic	excipient	31	5	25.0
Talcum	Talc	excipient:lubrica	32	1.5	7.5

Contraindications/Precautions Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.

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 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 Enjoy variety in life. Seek the stimulation of new sights, sounds and people. Practice the Transcendental Meditation programme regularly to reduce stress and balance emotions.

Exercise moderately but regularly - daily is preferable.

Practice easy, smooth deep breathing.

Avoid violent and horror films.

If you have a stressful job be sure to take breaks during the day.

Go to bed by 10pm.

Do a daily warm oil body massage - it helps balance mind and emotions.

Practice 'behavioural rasayanas' - such as respect for one's elders, cleanliness, and sweet, truthful speech.

Eat foods that create more ojas - e.g. milk, ghee, whole grains, fresh vegetables and fresh sweet juicy fruits. .

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