

UK Product Name Cholesterol Balance 2 (MA1881) **Code Name** MA1881

Availability Stock item in UK

Description Helps maintain balanced cholesterol levels

Cholesterol is an important nutrient that is partly absorbed from the diet and mainly manufactured in the body. Cholesterol is used by all the cells in the body especially the brain and nerve cells. It is also a precursor for various hormones, bile acids and vitamin D.

The levels of cholesterol in the body are determined partly by the amount in one's diet but mainly by the mechanisms that govern the manufacture of cholesterol in the cells of the body.

Cholesterol Balance 2 supports the intelligence that governs the manufacture of cholesterol in the body. It also helps maintain balanced digestion and metabolism of fatty foods and a good balance between the 'healthy' High Density Lipoprotein and the 'unhealthy' Low Density Lipoprotein.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. e	Guggul	exudate	1	20	100.0
Curcuma longa Linn.	Turmeric	rhizome	1	20	100.0
Asphaltum	Shilajit		3	10	50.0
Allium sativum Linn.	Garlic	bulb	3	10	50.0
Terminalia arjuna W. & A.	Arjuna	bark	5	5	25.0
Bauhinia variegata Blume	Mountain Ebony	bark	5	5	25.0
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	5	5	25.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	5	5	25.0
Terminalia chebula Retz.	Haritaki	fruit rind	9	4	20.0
Glycyrrhiza glabra Linn.	Liquorice	root	9	4	20.0
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	9	4	20.0
Emblica officinalis Gaertn.	Amla	fruit rind	9	4	20.0
Zingiber officinale bio	Bio ginger	rhizome	13	1	5.0
Piper nigrum Linn.	Black Pepper	fruit	13	1	5.0
Zinc oxide	Zinc bhasma		13	1	5.0
Piper longum Linn.	Long Pepper	fruit	13	1	5.0
Starch	Starch	excipient: binder	17	5	25.0
Acacia arabica Willd.	Gum Arabic	excipient: binder	18	1	5.0
Talcum	Talc	excipient: lubrica	19	0.5	2.5
Magnesium stearate	Magnesium stearate	excipient: lubrica	19	0.5	2.5

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 Teens and adults

Dosage Form 500mg tablet

Method of Use Take 2 tablets twice daily.

How Long to Continue Use? As recommended in the general instruction leaflet

Specific Dietary/Lifestyle Advice Favour a fibre rich diet; drink warm water throughout the day; if you crave sweets eat plenty sweet juicy fruits; avoid citrus fruits and excess salt; season your food with turmeric, cumin, coriander, fennel, & clove; use ghee rather than any other oil in your diet; avoid leftovers & heavy foods such as red meat and deep-fried foods.

Presentation

Presentation 120 tablets in PET container

Net Weight grams 60

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

Shelf Life (months) 36



Public Information

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Regulatory Status

Food Supplement