

UK Product Name

MA3323 Ash gourd/Amla complex paste

Code Name MA3323

Availability

Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	68.57	6,857.0
Aqua	Water		2	10.81	1,081.0
Benincasa hispida (Thumb.)	Ash gourd	fruit flesh	3	12.86	1,286.0
Emblica officinalis Gaertn.	Amla	fruit flesh	4	4.29	429.0
Syzygium aromaticum (Linn.)	Clove	flower bud	5	0.47	47.0
Myristica fragrans Houtt.	Nutmeg	kernel	5	0.47	47.0
Myristica fragrans Houtt	Mace	aril	5	0.47	47.0
Mesua ferrea Linn.	Cobra's Saffron	flower	5	0.47	47.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	5	0.47	47.0
Cinnamomum zeylanicum Blu	Cinnamon	bark	5	0.47	47.0
Bambusa arundinacea Willd.	Bamboo Manna	secretion	5	0.47	47.0
Crocus sativus Linn.	Saffron	stigma&style	12	0.18	18.0

Contraindications/Precautions

None

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

paste

Method of Use

Take 1-2 slightly rounded teaspoons (10 - 20 grams) with warm milk or water twice daily.

How Long to Continue Use?

As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Presentation

Presentation

600 grams in an clear glass jar with plastic lid

Net Weight grams

600

Storage

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

Shelf Life (months)

36

Regulatory Status

Medicine Exempt from Licensing