

UK Product Name	Invigorating paste (MA3325)	Code Name	MA3325
Availability	Stock item in UK		
Description	A rasayana for energy that supports absorption of food and helps relaxation.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	50.53	5,053.0
Vitis vinifera Linn.	Grape	dry fruit	2	25.28	2,528.0
Aqua	Water		3	13.06	1,306.0
Cow ghee (clarified butter)	Clarified butter		4	7.58	758.0
Syzygium aromaticum (Linn.)	Clove	flower bud	5	0.38	38.0
Myristica fragrans Houtt	Mace	aril	5	0.38	38.0
Myristica fragrans Houtt.	Nutmeg	seed	5	0.38	38.0
Mesua ferrea Linn.	Cobra's Saffron	stamen	5	0.38	38.0
Lotus arabicus L.	Lotus arabicus	seed	5	0.38	38.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	5	0.38	38.0
Cinnamomum zeylanicum Blu	Cinnamon	bark	5	0.38	38.0
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	5	0.38	38.0
Bambusa arundinacea Willd.	Bamboo Manna	secretion	5	0.38	38.0
Crocus sativus Linn.	Saffron	stigma&style	14	0.1	10.0

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 Adolescents and adults.

Dosage Form paste

Method of Use Take 1-2 slightly rounded teaspoons (10 - 20 grams) with milk or water twice daily. Use a dry spoon.

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

Presentation

Presentation 600 grams in a 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 Food Supplement