

<b>UK Product Name</b>	Invigorating paste (MA3325)	<b>Code Name</b>	MA3325
<b>Availability</b>	Stock item in UK		
<b>Description</b>	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 Bl	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

<b>Age Group</b>	Adolescents and adults.
<b>Dosage Form</b>	paste
<b>Method of Use</b>	Take 1-2 slightly rounded teaspoons (10 - 20 grams) with milk or water twice daily. Use a dry spoon.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

### Presentation

<b>Presentation</b>	600 grams in an clear glass jar with plastic lid
<b>Net Weight grams</b>	600
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed.
<b>Shelf Life (months)</b>	36

**Regulatory Status** Food Supplement