

UK Product Name

MA3345 Guggul/ Malabar Nut complex

Code Name MA3345

Availability

Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Ferroso-ferric oxidum	Iron bhasma		1	21.49	107.5
Commiphora mukul (Hook. ex	Guggul	exudate	2	19.52	97.6
Saccharum officinarum Linn.	Sugar Cane	juice of stem	3	14.06	70.3
Adhatoda vasica Nees.	Malabar Nut	whole plant extr	4	4.31	21.6
Asparagus adscendens Roxb	White Shatavari	tuberous root ext	5	3.9	19.5
Piper nigrum Linn.	Black Pepper	fruit	6	3.75	18.8
Asphaltum	Shilajit	exudate	6	3.75	18.8
Ferri sulphas	Ferrous sulphate		6	3.75	18.8
Terminalia chebula Retz.	Haritaki	fruit rind extract	9	3.27	16.4
Vitex negundo Linn.	Five-leaved Chaste Tree	leaf extract	10	3.12	15.6
Terminalia belerica Roxb.	Bibhitaki	fruit rind extract	10	3.12	15.6
Emblica officinalis Gaertn.	Amla	fruit rind extract	12	2.75	13.8
Ipomoea turpethum R.Br.	Turpeth	root extract	13	2.34	11.7
Plumbago zeylanica Linn.	White Leadwort	root extract	14	1.95	9.8
Terminalia belerica Roxb.	Bibhitaki	fruit rind	15	1.24	6.2
Terminalia chebula Retz.	Haritaki	fruit rind	15	1.24	6.2
Emblica officinalis Gaertn.	Amla	fruit rind	15	1.24	6.2
Cinnamomum zeylanicum Blu	Cinnamon	bark	18	0.93	4.7
Elettaria cardamomum (Linn.)	Cardamom	fruit	18	0.93	4.7
Acacia catechu (Linn.f.) Willd.	Cutch Tree	bark extract	20	0.78	3.9
Starch	Starch	excipient	21	1.7	8.5
Talcum	Talc	excipient	22	0.85	4.3

Contraindications/Precautions

Long term use not recommended during pregnancy unless advised by your health advisor .

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 with milk or warm water twice daily on an empty stomach

How Long to Continue Use?

As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

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

Medicine Exempt from Licensing