

UK Product Name Joint Soothe tablets (MA3572) **Code Name** MA3572

Availability Stock item in UK

Description Helps maintain clear, cool joints and muscle comfort

Healthy Joints and Muscles

Ayurveda identifies two major types of joint problems. The first type is associated with poorly nourished joints or low bone density and overall weakness in the joints. Because the bone is not getting the nourishment it needs, it starts to degenerate.

The second kind is associated with accumulation of toxins in the joints. As ama (the sticky, toxic waste-product of incomplete digestion) accumulates in the joint, it first creates stiffness and heaviness. If it stays there for a long time, the joint can become swollen and painful. Damp, cold weather can aggravate this type of joint problem.

Joint Soothe tablets are designed to support healthy joint function and help keep them free of accumulated toxins. The herbs Guggul and Tinospora in combination help cleanse fat tissue, bones and joints. Shilajit, Aswagandha and Indian Asparagus provide long-term bone and joint nourishment, while Aswagandha, Indian Asparagus and Ajowain support joint mobility.

Improve These Ayurvedic Factors

This formula:

- Supports the natural detoxification processes with Guggul, Tinospora, Coriander, Long Pepper and Black Pepper.
- Supports the body's ability to keep joints free of inflammation with the combination of Guggul, Garlic, Ginger and Long Pepper.
- Nurtures the joints due to the presence of Aswagandha, Indian Asparagus and Tinospora.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. e	Guggul	exudate	1	29.4	147.0
Allium sativum Linn.	Garlic	bulb	2	14.7	73.5
Asphaltum	Shilajit	exudate	2	14.7	73.5
Withania somnifera (L.) Duna	Aswagandha	root	4	8.82	44.1
Zingiber officinale Rosc.	Ginger	rhizome	5	3.67	18.4
Colchicum luteum Baker.	Golden collyrium	root	5	3.67	18.4
Argyreia nervosa (Burm. f.)	Elephant Creeper	root	7	1.47	7.4
Piper nigrum Linn.	Black Pepper	fruit	7	1.47	7.4
Trachyspermum ammi (Linn.	Ajowain	fruit	7	1.47	7.4
Piper longum Linn.	Long Pepper	fruit	7	1.47	7.4
Plumbago zeylanica Linn.	White Leadwort	root	7	1.47	7.4
Terminalia chebula Retz.	Haritaki	fruit rind	12	1.2	6.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	12	1.2	6.0
Pluchea lanceolata Oliver &	Indian Groundsel	leaf	14	0.6	3.0
Boerhaavia diffusa Linn.	Spreading Hogweed	root	15	0.4	2.0
Chaerophyllum acuminatum	Ateesh Meetha	root	15	0.4	2.0
Curcuma zedoaria Rosc.	Zedoary	rhizome	15	0.4	2.0
Coriandrum sativum Linn.	Coriander	seed	15	0.4	2.0
Barleria prionitis Linn	Vajradanti	whole plant	15	0.4	2.0
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root	15	0.4	2.0
Tribulus terrestris Linn.	Small Caltrops	fruit	15	0.4	2.0
Foeniculum vulgare ssp capill	Bitter fennel	seed	15	0.4	2.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	15	0.4	2.0
Acorus calamus L.	Sweet Flag	rhizome	15	0.4	2.0
Adhatoda vasica Nees.	Malabar Nut	root	25	0.2	1.0
Piper chaba Hunter	Java Long Pepper	root	25	0.2	1.0
Cassia fistula Linn	Indian Laburnum	bark	25	0.2	1.0
Cedrus deodara (Roxb.) Loud	Deodar	heartwood	25	0.2	1.0
Sida cordifolia Linn.	Country Mallow	root	25	0.2	1.0
Ricinus communis Linn.	Castor plant	root	25	0.2	1.0
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	25	0.2	1.0
Fagonia cretica Linn.	Khorasan Thorn	whole plant	25	0.2	1.0
Solanum indicum Linn.	Indian nightshade	root	25	0.2	1.0

UK Product Name Joint Soothe tablets (MA3572) **Code Name** MA3572
Availability Stock item in UK

Talcum	Talc	excipient:lubrica	34	1.85	9.3
Acacia arabica Willd.	Gum Arabic	excipient	34	1.85	9.3
Magnesium stearate	Magnesium stearate	excipient	34	1.85	9.3
Starch	Starch	excipient	34	1.85	9.3

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. May occasionally loosen the bowels Do not use during diarrhoea.

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 2 tablets twice daily with warm water on an empty stomach about 30 minutes before meals.

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

Specific Dietary/Lifestyle Advice Related Health Tips

- Eat sweet, juicy fruits daily.
- Adjust your diet to reduce raw foods, including salads.
- Reduce heavy foods such as dairy products and meat—they can contribute to a buildup of toxins around the joints.
- Use ginger and cumin when you cook—they stimulate the metabolism for healthy joints.
- Don't skip meals.
- Avoid hot, spicy foods and hot drinks.
- Eat stewed apples cooked with cloves in early morning.

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 Food Supplement