

**UK Product Name**

MA3697 Guggul/Mountain Ebony complex

**Code Name** MA3697

**Availability**

Stock item in UK

**Description**
**Ingredients**

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. ex	Guggul	exudate	1	47.17	235.9
Bauhinia variegata Blume	Mountain Ebony	bark	2	22.74	113.7
Embllica officinalis Gaertn.	Amla	fruit rind	3	4.55	22.8
Terminalia chebula Retz.	Haritaki	fruit rind	3	4.55	22.8
Terminalia belerica Roxb.	Bibhitaki	fruit rind	3	4.55	22.8
Crataeva nurvala Buch.- Ham	Three-leaved Caper	bark	6	2.27	11.4
Piper nigrum Linn.	Black Pepper	fruit	6	2.27	11.4
Zingiber officinale Rosc.	Ginger	rhizome	6	2.27	11.4
Piper longum Linn.	Long Pepper	fruit	6	2.27	11.4
Elettaria cardamomum (Linn.)	Cardamom	fruit	10	0.57	2.9
Cinnamomum zeylanicum Blu	Cinnamon	bark	10	0.57	2.9
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	10	0.57	2.9
Magnesium stearate	Magnesium stearate	excipient	13	1.89	9.5
Starch	Starch	excipient	13	1.89	9.5
Acacia arabica Willd.	Gum Arabic	excipient	15	0.94	4.7
Talcum	Talc	excipient	15	0.94	4.7

**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 twice daily with warm water or warm milk.

**How Long to Continue Use?**

As recommended in the General Information leaflet.

**Specific Dietary/Lifestyle Advice**
**Presentation**
**Presentation**

60 tablets in an HDPE pot with foil seal.

**Net Weight grams**

30

**Storage**

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

**Shelf Life (months)**

36

**Regulatory Status**

Medicine Exempt from Licensing