

<b>UK Product Name</b>	Shukra Plus ghee (MA4450)	<b>Code Name</b>	MA4450
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Supports fertility for both males and females.		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/5ml)
Cow ghee (clarified butter)	Clarified butter		1	97.73	4,886.5
Asparagus racemosus Willd.	Indian asparagus	root	2	1.853	92.7
Lactus	Cow's milk		3	0.27	13.5
Saccharum officinarum Linn.	Sugar Cane	stem juice	4	0.026	1.3
Vitis vinifera Linn.	Grape	fruit	5	0.018	0.9
Terminalia chebula Retz.	Haritaki	fruit rind	6	0.013	0.6
Terminalia belerica Roxb.	Bibhitaki	fruit rind	6	0.013	0.6
Nelumbo nucifera Gaertn.	Sacred Lotus	flower	8	0.012	0.6
Rubia cordifolia Linn.	Indian Madder	root	9	0.011	0.5
Emblica officinalis Gaertn.	Amla	fruit rind	9	0.011	0.5
Withania somnifera (L.) Dunal	Aswagandha	root	11	0.008	0.4
Ipomoea digitata Linn.	Giant Potato	tuberous root	12	0.006	0.3
Glycyrrhiza glabra Linn.	Liquorice	root	13	0.005	0.2
Berberis aristata DC	Indian Barberry	stem	14	0.004	0.2
Trachyspermum ammi (Linn.	Ajowain	fruit	15	0.004	0.2
Ferula narthex Boiss.	Asafoetida	exudate	16	0.003	0.1
Selaginella sp.	Spikemoss	wholeplant	17	0.003	0.1
Curcuma longa Linn.	Turmeric	rhizome	18	0.002	0.1
Desmodium gangeticum DC.	Tik Trefoil	whole plant	19	0.002	0.1
Santalum album Linn.	White sandalwood	heartwood	20	0.0008	0.0

### 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>	All
<b>Dosage Form</b>	herbal ghee
<b>Method of Use</b>	Take 1 teaspoonful (5ml) twice daily with warm milk. May be taken with food if more palatable.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	

### Presentation

<b>Presentation</b>	250 grams in a PET pot.
<b>Net Weight grams</b>	250
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	60

**Regulatory Status** Food Supplement