

UK Product Name

MA4848 Long Pepper/Haritaki ghee

Code Name MA4848

Availability

Stock item in UK

Description
Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/5g)
Cow ghee (clarified butter)	Clarified butter		1	98	4,900.0
Terminalia chebula Retz.	Haritaki	fruit rind extract	2	0.222	11.1
Woodfordia fruticosa (Linn.) K	Fire Flame Bush	flower extract	3	0.191	9.5
Piper longum Linn.	Long Pepper	fruit extract	4	0.172	8.6
Marsdenia tenacissima Wight	Rajmahal Hemp	root extract	5	0.127	6.4
Nelumbium speciosum	Lotus	flower extract	6	0.104	5.2
Butea monosperma (Lam.) K	Flame of the Forest	seed extract	7	0.082	4.1
Salmalia malabarica Schott.	Silk Cotton Tree	exudate extract	7	0.082	4.1
Eclipta alba Hassk.	Trailing Eclipta	whole plant extr	9	0.077	3.9
Symplocos racemosa Roxb.	Lodh Tree	bark extract	10	0.068	3.4
Zingiber officinale Rosc.	Ginger	rhizome extract	11	0.059	3.0
Terminalia chebula Retz.	Haritaki	fruit rind	12	0.053	2.6
Ficus benghalensis Linn.	Banyan Tree	terminal leaf	13	0.052	2.6
Elettaria cardamomum (Linn.)	Cardamom	fruit extract	14	0.05	2.5
Plumbago zeylanica Linn.	White Leadwort	root extract	15	0.045	2.3
Woodfordia fruticosa (Linn.) K	Fire Flame Bush	flower	16	0.045	2.3
Rubia cordifolia Linn.	Indian Madder	root	16	0.045	2.3
Piper longum Linn.	Long Pepper	root extract	18	0.041	2.0
Piper longum Linn.	Long Pepper	fruit	18	0.041	2.0
Fagonia cretica Linn.	Khorasan Thorn	whole plant extr	18	0.041	2.0
Curcuma longa Linn.	Turmeric	rhizome extract	18	0.041	2.0
Berberis aristata DC	Indian Barberry	stem extract	22	0.036	1.8
Piper nigrum Linn.	Black Pepper	fruit extract	22	0.036	1.8
Mangifera indica Linn.	Mango	seed kernel	24	0.032	1.6
Marsdenia tenacissima Wight	Rajmahal Hemp	root	25	0.030	1.5
Desmodium gangeticum DC.	Tik Trefoil	whole plant	26	0.027	1.4
Nelumbium speciosum	Lotus	flower	27	0.025	1.2
Salmalia malabarica Schott.	Silk Cotton Tree	exudate	28	0.019	1.0
Butea monosperma (Lam.) K	Flame of the Forest	seed	28	0.019	1.0
Apium graveolens	Celery	fruit	30	0.016	0.8
Symplocos racemosa Roxb.	Lodh Tree	bark	30	0.016	0.8
Zingiber officinale Rosc.	Ginger	rhizome	32	0.014	0.7
Elettaria cardamomum (Linn.)	Cardamom	fruit	33	0.012	0.6
Aegle marmelos Corr.	Bael	bark extract	34	0.011	0.6
Plumbago zeylanica Linn.	White Leadwort	root	35	0.011	0.5
Curcuma longa Linn.	Turmeric	rhizome	36	0.01	0.5
Piper longum Linn.	Long Pepper	root	36	0.01	0.5
Fagonia cretica Linn.	Khorasan Thorn	whole plant	36	0.01	0.5
Piper nigrum Linn.	Black Pepper	fruit	39	0.009	0.4
Berberis aristata DC	Indian Barberry	stem	39	0.009	0.4
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	41	0.008	0.4
Aegle marmelos Corr.	Bael	bark	42	0.003	0.1

Contraindications/Precautions

None

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

herbal ghee

Method of Use

Take 1-2 teaspoonfuls (5-10 grams) twice daily with warm water or milk at breakfast.

UK Product Name	MA4848 Long Pepper/Haritaki ghee	Code Name	MA4848
Availability	Stock item in UK and evening meal. May be mixed with food if more palatable.		
How Long to Continue Use?	As recommended in the General Information leaflet.		
Specific Dietary/Lifestyle Advice			
Presentation			
Presentation	250g in a PET pot		
Net Weight grams	250		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		