

**UK Product Name**

MADK1 Red Sanders/Haritaki complex

**Code Name** MADK001

**Availability**

Stock item in UK

**Description**

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	1	39.21	196.1
Terminalia chebula Retz.	Haritaki	fruit rind extract	2	13.58	67.9
Terminalia bellerica Roxb.	Bibhitaki	fruit rind extract	3	13.31	66.6
Rubia cordifolia Linn.	Indian Madder	root extract	4	11.64	58.2
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root extract	5	4.16	20.8
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	6	3.32	16.6
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	7	3.05	15.3
Boerhaavia diffusa Linn.	Spreading Hogweed	root extract	8	2.77	13.9
Curcuma longa Linn.	Turmeric	rhizome extract	9	2.49	12.5
Berberis aristata DC	Indian Barberry	bark extract	10	2.22	11.1
Santalum album Linn.	White sandalwood	heartwood extra	11	0.83	4.2
Pterocarpus santalinus Linn. f	Red Sanders	heartwood extra	12	0.41	2.1
Starch	Starch	excipient	13	1.99	10.0
Magnesium stearate	Magnesium stearate	excipient	14	0.5	2.5
Talcum	Talc	excipient	14	0.5	2.5

**Contraindications/Precautions**

Not recommended in cases of peptic ulcer, nausea and vomiting.

**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 water on an empty stomach. May be taken with something sweet to cover the bitter taste.

**How Long to Continue Use?**

As recommended in the General Information leaflet.

**Specific Dietary/Lifestyle Advice**

Favour light diet, old rice, ghee, honey, milk. Avoid canned food, root vegetables, oily &amp; spicy foods, beans, excess citrus, brinjal.

### 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