

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Digest Plus tablets (MA154)	<b>Code Name</b>	MA0154
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Helps balance appetite and support digestion. Helps balance stomach acid and gas and supports liver and pancreatic function.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Zingiber officinale Rosc.	Ginger	rhizome	1	17.8	89.0
Terminalia chebula Retz.	Haritaki	fruit rind	1	17.8	89.0
Sodium chloride	Rock salt		1	17.8	89.0
Foeniculum vulgare ssp capill	Bitter fennel	seed	1	17.8	89.0
Cassia alexandrina Mill.	Tinnevelly Senna	leaf	1	17.8	89.0
Moneteria moneta L	Cowry Shell	shell bhasma	6	4.4	22.0
Maize starch	Maize starch	excipient	7	3	15.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	7	3	15.0
Rice bran extract	Rice bran extract	excipient:lubrica	9	0.5	2.5

<b>Contraindications/Precautions</b>	Not recommended for children under 12 years. Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colistis), abdominal pain of unknown origin, severe dehydration.
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Potential Allergens</b>	Mollusc - Cowry shell

## Usage

<b>Age Group</b>	Adolescents & adults
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	To support appetite take 1-2 tablets twice daily 10 minutes before main meals with a little warm water or warm milk. To support digestion and maintain balanced gas production take 1-2 tablets 15 minutes after meals preferably with a little of lassi. (Lassi = one part fresh yoghurt blended with 2 parts water).
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>
<b>Specific Dietary/Lifestyle Advice</b>	

## Presentation

<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid.
<b>Net Weight grams</b>	30
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	60
<b>Regulatory Status</b>	Food Supplement