

# Maharishi AyurVeda - Public Information

**UK Product Name** Aci-Balance tablets (MA575) **Code Name** MA0575  
**Availability** Stock item in UK

**Description** Helps keep stomach acidity in balance and supports digestion  
 Too many hot, spicy foods can spark excess digestive fire and too much stomach acid. Over time, this can knock digestion out of balance and lead to a variety of health problems.

Modern drugs can quickly reduce acidity but the body then produces more. The 17 herbs in Aci-Balance help to bring balance so that acid is maintained at an appropriate level for both short-term comfort and long-term balance.

The herbs in Aci-Balance help:

- balance stomach acid and digestive fire
- support overall digestion
- help the body preserve the purity and vitality of nutrients from foods you eat.

Herbal Masterpiece

The herbs in Aci-Balance are combined in precise proportions and prepared the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

- Turpeth has a special property of both cleansing and balancing digestion. We use the rare white form of Turpeth which is safe and very effective for this purpose.
- Clove, cardamom and ginger support digestion and comfort.
- Amla has the unusual ability to enliven digestion without heating the body, so it is ideal for balancing stomach acid and other Pitta-related digestive problems.
- Cabbage Rose is cooling and helps balance Pitta.

## Ingredients

| Botanical Name                | Common Name                  | Plant Part        | Rank | %     | Quantity(mg/1000mg) |
|-------------------------------|------------------------------|-------------------|------|-------|---------------------|
| Phyllanthus emblica L.        | Amla                         | fruit rind        | 1    | 19.37 | 193.7               |
| Glycyrrhiza glabra Linn.      | Liquorice                    | root              | 2    | 19.05 | 190.5               |
| Saccharum officinarum Linn.   | Sugar Cane                   | juice of stem     | 2    | 19.05 | 190.5               |
| Sodium carbonate              | Sodium carbonate             |                   | 4    | 9.53  | 95.3                |
| Potassii nitras               | Saltpetre                    |                   | 5    | 8.02  | 80.2                |
| Operculina turpethum (L) Silv | White turpeth                | root              | 6    | 6.35  | 63.5                |
| Syzygium aromaticum (Linn.)   | Clove                        | flower bud        | 7    | 3.17  | 31.7                |
| Potassium aluminium sulphat   | Alumen                       |                   | 8    | 1     | 10.0                |
| Ammonii chloridum             | Sal ammoniac                 |                   | 9    | 0.5   | 5.0                 |
| Piper longum Linn.            | Long Pepper                  | fruit             | 10   | 0.32  | 3.2                 |
| Terminalia chebula Retz.      | Haritaki                     | fruit rind        | 10   | 0.32  | 3.2                 |
| Zingiber officinale Rosc.     | Ginger                       | rhizome           | 10   | 0.32  | 3.2                 |
| Embelia ribes Burm. f.        | Butterfly Pea                | fruit             | 10   | 0.32  | 3.2                 |
| Amomum subulatum Roxb.        | Greater cardamom             | fruit             | 10   | 0.32  | 3.2                 |
| Piper nigrum Linn.            | Black Pepper                 | fruit             | 10   | 0.32  | 3.2                 |
| Terminalia belerica Roxb.     | Bibhitaki                    | fruit rind        | 10   | 0.32  | 3.2                 |
| Cinnamomum tamala (Buch.-     | Cassia Lignae                | leaf              | 10   | 0.32  | 3.2                 |
| Rosa centifolia Linn.         | Cabbage Rose                 | petal             | 10   | 0.32  | 3.2                 |
| Cyperus scariosus (R.Br.)     | Nagarmotha                   | tuberous root     | 10   | 0.32  | 3.2                 |
| Elettaria cardamomum (Linn)   | Cardamom                     | fruit             | 10   | 0.32  | 3.2                 |
| Hydroxypropyl methylcellulos  | Hydroxypropyl methylcellulos | excipient: coatin | 21   | 1.48  | 14.8                |
| Rice Hulls                    | Rice hulls                   | excipient:lubrica | 21   | 2.7   | 27.0                |
| Acacia arabica                | Gum acacia                   | excipient         | 21   | 4.46  | 44.6                |
| Rice bran extract             | Rice bran extract            | excipient         | 21   | 1.8   | 18.0                |

**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

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|                            |                             |                  |        |
|----------------------------|-----------------------------|------------------|--------|
| <b>UK Product Name</b>     | Aci-Balance tablets (MA575) | <b>Code Name</b> | MA0575 |
| <b>Availability</b>        | Stock item in UK            |                  |        |
| <b>Potential Allergens</b> |                             |                  |        |

## Usage

|  |  |
|--|--|
| <b>Age Group</b>                         | All  |
| <b>Dosage Form</b>                       | 1000mg tablet  |
| <b>Method of Use</b>                     | Take 1-2 tablets twice daily after main meals with a sip of warm water. Extra tablets may be taken as required at other times up to a total of not more than 6 Tabs per day. Do not chew. For lasting results, use regularly for 2-3 months. |
| <b>How Long to Continue Use?</b>         | For lasting results use for at least 2-3 months.   |
| <b>Specific Dietary/Lifestyle Advice</b> | Reduce spicy & salty foods, alcohol and smoking. Favour sweet juicy fruits, Take a little cold milk but not with meals. Make lunch the main meal and eat at regular times. Avoid mental stress.  |

## Presentation

|                            |  |
|----------------------------|--|
| <b>Presentation</b>        | 60 tablets in an amber PET pot with t/e lid      |
| <b>Net Weight grams</b>    | 60   |
| <b>Storage</b>             | Store in a cool, dry, dark place, tightly closed |
| <b>Shelf Life (months)</b> | 36   |
| <b>Regulatory Status</b>   | Food Supplement                                  |