

Maharishi AyurVeda - Public Information

UK Product Name MA1123 Aswagandha/Amla/Brahmi complex **Code Name** MA1123
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Rice bran extract	Rice bran extract	excipient	0	0.48	2.4
Withania somnifera (L.) Dunal	Aswagandha	root	1	19.23	96.2
Phyllanthus emblica L.	Amla	fruit rind	1	19.23	96.2
Bacopa monnieri (L.) Wettst.	Jal Brahmi	whole plant	1	19.23	96.2
Piper longum Linn.	Long Pepper	root	4	9.62	48.1
Ipomoea digitate Linn	Giant Potato	tuberous root	4	9.62	48.1
Glycyrrhiza glabra Linn.	Liquorice	root	4	9.62	48.1
Asparagus racemosus Willd.	Indian asparagus	tuberous root	4	9.62	48.1
Acacia nilotica subsp. toment	Gum Arabic	excipient	8	2.88	14.4
Rice Hulls	Rice hulls	excipient: extract	9	0.48	2.4

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

Potential Allergens

Usage

Age Group All

Dosage Form 500mg tablet

Method of Use Take 2 tablets twice daily with water.

How Long to Continue Use? As recommended at <http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products>

Specific Dietary/Lifestyle Advice Take light easily digestible food, old rice, whole wheat bread, pomegranate, grapes, apples. Avoid heavy oily foods. Get good regular sleep. Avoid fearful situations. take light entertainment. Create a cheerful home without dull and dark decorations. Practice TM, pranayama and yoga asanas.

Presentation

Presentation 120 tablets in an HDPE pot with foil seal.

Net Weight grams 60

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status Food Supplement