

Maharishi AyurVeda - Public Information

UK Product Name	Blood Pressure Balance (MA1779)	Code Name	MA1779
Availability	Stock item in UK		
Description	Helps support heart function and maintain normal blood pressure.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	1	18.5	185.0
Opadry nutrapure	Opadry nutrapure	excipient	1	0.47	4.7
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root extract	2	16.2	162.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	3	13.88	138.8
Terminalia chebula Retz.	Haritaki	fruit rind	4	9.26	92.6
Boswellia serrata Roxb.	Indian Frankincense	exudate	4	9.26	92.6
Terminalia arjuna W. & A.	Arjuna	bark extract	5	6.48	64.8
Picrorrhiza kurroa Royle ex B	Katuki	root	7	4.62	46.2
Lepidum sativum L.	Garden Cress	seed	7	4.62	46.2
Asphaltum	Shilajit	exudate	8	2.77	27.7
Achyranthes aspera L.	Prickly Chaff Flower	whole plant	10	2.32	23.2
Celastrus paniculatus Willd.	Climbing Staff Tree	seed	10	2.32	23.2
Aegle marmelos Corr.	Bael	bark	10	2.32	23.2
Rice Hulls	Rice hulls	excipient:	12	2.76	27.6
Acacia nilotica subsp. toment	Gum Arabic	excipient:exudat	13	1.85	18.5
Rice bran extract	Rice bran extract	excipient	13	1.85	18.5

Contraindications/Precautions It contains some diuretic and detoxifying herbs so if blood pressure is low take MA686 (2 tabs 2x/day) in addition to MA1779.

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	1000mg tablet
Method of Use	Take 1 tablet twice daily with warm 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	

Presentation

Presentation	60 tablets in an amber PET bottle with t/e lid
Net Weight grams	60
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status Food Supplement