

Maharishi AyurVeda - Public Information

UK Product Name MA3628 Haritaki/Amla complex taila **Code Name** MA3628
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Sesamum indicum Linn.	Sesame	seed oil	1	85.11	851.1
Vitex negundo Linn.	Five-leaved Chaste Tree	leaf	2	5.32	53.2
Terminalia chebula Retz.	Haritaki	fruit rind	2	5.32	53.2
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	2	5.32	53.2
Azadirachta indica A. Juss.	Neem	leaf	2	5.32	53.2
Phyllanthus emblica L.	Amla	fruit rind	2	5.32	53.2
Cinnamomum camphora (L.)	Camphor	distillate	2	5.32	53.2
Liquidambar orientalis Miller	Oriental Sweet Gum	exudate	8	4.26	42.6
Shorea robusta Gaertn. f.	Sal Tree	exudate	8	4.26	42.6
Pinus roxburghii Sargent.	Chir Pine	exudate	8	4.26	42.6
Commiphora mukul (Hook. ex	Guggul	exudate	8	4.26	42.6
Cera alba	Beeswax		8	4.26	42.6
Rubia cordifolia Linn.	Indian Madder	root	13	3.4	34.0
Eucalyptus globulus Labill.	Blue Gum	leaf oil	14	2.66	26.6
Pinus roxburghii Sargent.	Chir Pine	essential oil	14	2.66	26.6
Melaleuca leucadendron (L.)	Cajuput	essential oil	14	2.66	26.6
Curcuma longa Linn.	Turmeric	rhizome	17	0.85	8.5

Contraindications/Precautions For external use only. Stains clothing.
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 herbal oil
Method of Use External use only. Shake well. Twice daily apply a small amount of oil on the relevant area and massage gently in. Application of a hot damp towel is not recommended. May be diluted with sesame oil for your daily body massage.
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 100ml in an amber glass or PET bottle.
Net Weight grams 96
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 60

Regulatory Status Cosmetic