

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	MAK Nectar paste (MA4 )	<b>Code Name</b>	MA0004
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>For full spectrum super-anti-oxidant power. Nourishes all the major body systems.</p> <p>Amrit Nectar enlivens the bodies inner intelligence at a very fundamental level and supports all the following factors:</p>		

- The three types of mental function; acquisition, retention, and recall.
- Metabolic transformations, digestion, the emotions and their effect on heart function.
- The mind, nervous system, respiration, circulation and elimination.
- Moisture balance, physical structure and strength.
- The sequential transformation of the seven tissues, one into the other —plasma, blood, muscle, fat, bone, bone marrow and reproductive fluid.
- The microcirculatory channels that transport nutrients and energy and can be blocked by improperly digested impurities.
- The production of ojas, the finest product of digestion and the master coordinator between consciousness, matter and immunity.
- The vitality and strength of the mind and body.

## Herbal Masterpiece

Amrit epitomizes the Ayurvedic principles of sanyoga -- precise combination -- and sanskar -- meticulous processing. Thirty six whole herbs and fruits are combined in precise proportions in this powerful formula to create synergy -- a whole that is more powerful than the sum of its parts.

The ingredients read like an honour roll of revered Ayurvedic herbs -- Amla, Haritaki, Indian Asparagus, Aloeweed, Jal Brahmi etc. ... Amrit is still prepared using the age-old formula prescribed in the traditional texts and passed down by generations of Ayurvedic physicians. It takes 250 meticulous steps to prepare. Twenty-two pounds of raw ingredients are required to produce a single jar of the Amrit Nectar.

The herbs are slow-cooked to protect vital nutrients from high temperatures. This precise adherence to tradition and detail ensures that you get an authentic product of unparalleled quality.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	62	6,200.0
Aqua	Water		2	16	1,600.0
Cow ghee (clarified butter)	Clarified butter		3	5.75	575.0
Phyllanthus emblica L.	Amla	fruit rind	4	4.55	455.0
Honey	Honey		5	4	400.0
Terminalia chebula Retz.	Haritaki	fruit rind	6	2.28	228.0
Glycyrrhiza glabra Linn.	Liquorice	root	7	0.39	39.0
Elettaria cardamomum (Linn)	Cardamom	fruit	7	0.39	39.0
Piper longum Linn.	Long Pepper	fruit	7	0.39	39.0
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	7	0.39	39.0
Cyperus rotundus Linn.	Nut grass	root	7	0.39	39.0
Curcuma longa Linn.	Turmeric	rhizome	7	0.39	39.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	7	0.39	39.0
Mesua ferrea L.	Cobra's Saffron	flower	7	0.39	39.0
Cinnamomum verum J. Presl	Cinnamon verum	bark	7	0.39	39.0
Centella asiatica (L.) Urb	Indian Pennywort	whole plant	7	0.39	39.0
Embelia ribes Burm. f.	Butterfly Pea	fruit	7	0.39	39.0
Santalum album Linn.	White sandalwood	heartwood	7	0.39	39.0
Polygonatum verticillatum (L.)	Whorled Solomon's-Seal	root	8	0.16	16.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	9	0.11	11.0
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	10	0.06	6.0
Oroxylum indicum Vent.	Trumpet Tree	bark	11	0.04	4.0
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant	11	0.04	4.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	12	0.03	3.0
Ipomoea cheiropphylla O'Done	Giant Potato	tuberous root	12	0.03	3.0

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: map@maharishi.co.uk - Web: maharishi.co.uk

# Maharishi AyurVeda - Public Information

**UK Product Name** MAK Nectar paste (MA4 ) **Code Name** MA0004  
**Availability** Stock item in UK

Gmelina arborea Roxb ex Sm	Cashmere Bark	bark	12	0.03	3.0
Uraria picta Linn.	Prisniparni	whole plant	12	0.03	3.0
Tribulus terrestris Linn.	Small Caltrops	fruit	12	0.03	3.0
Teramnus labialis Spreng.	Mashaparni	whole plant	12	0.03	3.0
Clerodendrum phlomoides Li	Agnimantha	bark	13	0.02	2.0
Phaseolus trilobus Ait.	Wild Gram	whole plant	13	0.02	2.0
Stereospermum suaveolens	Trumpet Flower	bark	13	0.02	2.0
Leptadenia reticulata (Retz.)	Jivanti	root	13	0.02	2.0
Sida cordifolia Linn.	Country Mallow	whole plant	13	0.02	2.0
Solanum indicum Linn.	Indian nightshade	whole plant	13	0.02	2.0
Saccharum officinarum Linn.	Sugar Cane	root	14	0.01	1.0
Aegle marmelos Corr.	Bael	bark	14	0.01	1.0
Desmodium gangeticum (L).	Tik Trefoil	whole plant	14	0.01	1.0
Pedalium murex Linn.	Large Caltrops	fruit	14	0.01	1.0
Eragrostis cynosuroides (L) S	Eragrostis cynosuroides	root	14	0.01	1.0

**Contraindications/Precautions** In case of diabetes use Amrit Nectar tablets (MA77).  
**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** Milk product - clarified butter

## Usage

**Age Group** All  
**Dosage Form** paste  
**Method of Use** Take 1 slightly rounded teaspoon (10g) twice daily (ideally before breakfast and before bedtime), on an empty stomach. Use a dry spoon. May be taken by itself or mixed with warm water, warm milk, fruit juice or with food. Children 4-15 1/2 adult dose.  
**How Long to Continue Use?** May be taken continuously for maximum benefit.  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 600 grams in an clear glass jar with plastic lid  
**Net Weight grams** 600  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement