

Maharishi AyurVeda - Public Information

UK Product Name	Mother with Baby Blissful Sleep Drink	Code Name	MB116
Availability	Stock item in UK		

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/7g)
Abutilon indicum (Linn.) Swee	Abutilon	whole plant	1	8.33	583.1
Cissampelos pareira Linn.	Velvet Leaf	bark	1	8.33	583.1
Uraria picta Linn.	Prisniparni	whole plant	1	8.33	583.1
Tribulus terrestris Linn.	Small Caltrops	whole plant	1	8.33	583.1
Pedaliium murex Linn.	Large Caltrops	fruit	1	8.33	583.1
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant	1	8.33	583.1
Solanum indicum Linn.	Indian nightshade	whole plant	1	8.33	583.1
Premna integrifolia Linn.	Headache Tree	whole plant	1	8.33	583.1
Oroxylum indicum Vent.	Trumpet Tree	bark	1	8.33	583.1
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark	1	8.33	583.1
Desmodium gangeticum (L).	Tik Trefoil	whole plant	1	8.33	583.1
Aegle marmelos Corr.	Bael	bark	1	8.33	583.1

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	Adult
Dosage Form	coarse powder
Method of Use	For mothers during post-natal period. Firstly in the morning and at bedtime put one level tablespoon (15ml/7g) of powder in 1 cup of water and boil it slowly for 15 minutes or until it is reduced to 1/4 cup. Filter and drink warm. Use the herbs only once.
How Long to Continue Use?	Mainly for use during the first two months postpartum but can be used at any time.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	50 grams in an white HDPE pot with t/e cap.
Net Weight grams	50
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	6

Regulatory Status Food Supplement