

# Maharishi AyurVeda - Public Information

**UK Product Name** Raja's Cup 228g + 500g (loose) **Code Name** MA0704  
**Availability** Stock item in UK

**Description** Raja's cup is a wholesome coffee-like drink with full-bodied flavour fit for a king. It is made from Clearing nut, Coffee senna, Liquorice and Ashwagandha. It balances all three doshas. It is sealed in an aroma-safe way to preserve its full flavour. (Free of caffeine, gluten, grain and carob)

**Benefits:**

ASHWAGANDHA (*Withania somnifera*) supports resistance to stress, mental balance, energy levels and respiratory levels and sexual functions.

LIQUORICE: supports digestive comfort, urinary function, joints, energy and reproductive health. Helps keep airways clear, promotes intellect. Iscooling and tonic.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/2.5g)
Strychnos potatorum Linn. f.	Clearing-Nut Tree	seed	1	83	2,075.0
Senna occidentalis (L.) Link	Coffee senna	seed	2	8	200.0
Withania somnifera (L.) Dunal	Aswagandha	root	3	4	100.0
Glycyrrhiza glabra Linn.	Liquorice	root	3	4	100.0

**Contraindications/Precautions** None  
**Over dose and its Management** NA  
**Side Effects and Interactions** None known  
**Potential Allergens**

## Usage

**Age Group** All  
**Dosage Form** granules  
**Method of Use** Put 1/4 to 1/2 teaspoon (2.5-5g) in boiling water or percolate/brew in a coffee machine. Add milk and sugar to taste. Or boil it milk and then add sugar to taste. Take 2-3 times daily.  
**How Long to Continue Use?** As desired  
**Specific Dietary/Lifestyle Advice** IMPORTANT: If you are pregnant, nursing or have a known medical condition, consult your physician before taking this or any other dietary supplement.

## Presentation

**Presentation** 150g in pot with lid; 200g or 500g in a gusseted foil bag; 228g in tin with lid.  
**Net Weight grams** As Product  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 24

**Regulatory Status** Food Supplement