

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Youthful Mind tablets (MA3)	<b>Code Name</b>	MA0003
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>Supports learning, retention and memory. Helps maintain resistance to stress, clear mind and stable emotions.</p> <p>Is your mind tired? Or your memory slipping?</p> <p>As we age, memory and the ability to focus can start to deteriorate. Similarly, fatigue due to excess mental work impairs full mental ability. Youthful Mind helps remove toxins that can block your mental abilities and improves the body's response to mental stress -- regardless of age. The herbs in Youthful Mind help: enhance innate learning ability, clarity and recall raise mental energy and alertness levels promote the growth of consciousness and full mental potential.</p> <p>Help support these Ayurvedic factors</p> <ul style="list-style-type: none"><li>·the three types of mental ability; acquisition (Dhi), retention (Dhriti) and recall (Smriti)</li><li>·energy, creativity, perception, consciousness and self-realization (Prana Vata)</li><li>·cerebro-spinal fluids for healthy brain tissue, communication between brain cells, stability of the personality (Tarpaka Kapha)</li><li>·emotions, self-confidence, healthy desires and contentment (Sadhaka Pitta)</li><li>·the most refined product of digestion -- the master coordinator between consciousness and the body (Ojas)</li></ul> <p>Herbal Masterpiece</p> <p>The herbs in this formula are combined in precise proportions and prepared in the traditional Ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy -- the collective benefit is much greater than that of isolated, individual herbs.</p> <ul style="list-style-type: none"><li>·Youthful Mind is a Medhya Rasayanas -- "that which is good for the intellect."</li><li>·Ancient Ayurvedic texts describe Aloeweed (Shankapushpi) as "the foremost herb for developing mental functioning." Aloeweed is said to have a positive, uplifting effect on every thought and molecule of the body.</li><li>·Gulanca Tinospora (Guduchi) is very supportive of the natural cleansing of the brain toxins that hinder mental activity. It helps clear the microcirculatory channels of the body (Shrotas). This includes blood vessels that deliver nutrients and nerves that transmit mental impulses.</li><li>·Jal Brahmi is a powerful brain food. It also supports coordination among the learning, retention and recall functions.</li></ul>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem	1	24.15	120.8
Glycyrrhiza glabra Linn.	Liquorice	root	1	24.15	120.8
Convolvulus pluricaulis Chois	Aloeweed	Whole plant	1	24.15	120.8
Bacopa monnieri (L.) Wettst.	Jal Brahmi	Whole plant	1	24.15	120.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	5	2.91	14.6
Talcum	Talc	excipient:lubrica	6	0.49	2.5

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Potential Allergens</b>	

## Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 2 tablets twice daily with warm water or warm milk.
<b>How Long to Continue Use?</b>	May be taken continuously for maximum benefit.
<b>Specific Dietary/Lifestyle Advice</b>	

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<b>Presentation</b>			
<b>Presentation</b>	120 tablets in an amber PET pot with T/E lid		
<b>Net Weight grams</b>	60		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		