

Maharishi AyurVeda - Public Information

UK Product Name Trikatu with Clove (MA99) **Code Name** MA0099
Availability Stock item in UK

Description Helps keep digestion strong

Trikatu, 'the three pungents', contains ginger, black and long peppers. It is an important combination used by itself and in many Ayurvedic formulations for its cleansing, digestive, and stimulating effects. It increases bioavailability either by supporting rapid absorption from the gastrointestinal tract.

Trikatu supports the health of stomach and GI tract and upper respiratory tract. Its stimulates the secretion of digestive juices, increases appetite and balances gas in the stomach.

Action

A herbal compound that provides a natural and safe support system for gastric function associated with gaseous distension. Trikatu is a safe digestive, carminative, antifatulent and is effective in dyspepsia. It improves gastric function.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/2g)
Zingiber officinale Rosc.	Ginger	rhizome	1	33	660.0
Piper nigrum Linn.	Black Pepper	fruit	1	33	660.0
Piper longum Linn.	Long Pepper	fruit	1	33	660.0
Syzygium aromaticum (Linn.)	Clove	flower bud	4	1	20.0

Contraindications/Precautions Not recommended when Pitta is high.

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 powder

Method of Use Take 2-4 grams 2-3 times daily with water. May be mixed with honey to support respiration.

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Presentation

Presentation 50 grams in an amber HDPE pot

Net Weight grams 50

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 24

Regulatory Status Food Supplement