

# Maharishi AyurVeda - Public Information

**UK Product Name** MA104 Amla/Barley formula **Code Name** MA0104  
**Availability** Discontinued

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Rice bran extract	Rice bran extract	excipient	0	0.49	2.5
Rice Hulls	Rice hulls	excipient	0	0.49	2.5
Phyllanthus emblica L.	Amla	fruit rind	1	70.03	350.2
Hordeum vulgare Linn.	Barley	whole plant ash	2	28.01	140.1
Maize starch	Maize starch	excipient	3	0.98	4.9

**Contraindications/Precautions** Not recommended during pregnancy.  
**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** 500mg tablet  
**Method of Use** Take 1-2 tablets twice daily with water  
**How Long to Continue Use?** As recommended at <http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products>  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 60 tablets in an HDPE pot with foil seal.  
**Net Weight grams** 30  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement