

Maharishi AyurVeda - Public Information

UK Product Name MA110 Aswagandha/Giant potato complex **Code Name** MA0110
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	47	235.0
Ipomoea digitate Linn	Giant Potato	tuberous root	2	20.15	100.8
Glycyrrhiza glabra Linn.	Liquorice	root	3	13.45	67.3
Asparagus adscendens Roxb	White Shatavari	tuberous root	3	13.4	67.0
Acacia nilotica subsp. toment	Gum Arabic	excipient:binder	5	2	10.0
Oryza sativa Linn	Rice	Rice hulls	6	3	15.0
Oryza sativa Linn	Rice	Rice bran extract	7	1	5.0

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 All
Dosage Form 500mg tablet
Method of Use Take 2 tablets twice daily with milk or 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