

Maharishi AyurVeda - Public Information

UK Product Name MA125 Liquorice/Aswagandha/Madder formula **Code Name** MA0125
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Liquorice	root	1	54.11	270.6
Withania somnifera (L.) Dunal	Aswagandha	root	2	31.88	159.4
Rubia cordifolia Linn.	Indian Madder	root	3	10.63	53.2
Acacia nilotica subsp. toment	Gum Arabic	excipient	4	2.9	14.5
Rice bran extract	Rice bran extract	excipient	5	0.48	2.4

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 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 Prefer light easily digestible foods, honey, cow's milk, ghee. Avoid canned, oily, spicy foods and root vegetables. Avoid alcohol and smoking. Prefer warm baths and expose the body to the sun for 5-10 minutes in the morning.

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