

# 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
Talcum	Talc	excipient:lubrica	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