

Maharishi AyurVeda - Public Information

UK Product Name MA179 Himalayan Rhubarb/Large Caltrops complex **Code Name** MA0179
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Rheum emodi Wall.	Himalayan Rhubarb	rhizome	1	47.62	238.1
Pedaliium murex Linn.	Large Caltrops	fruit	1	47.62	238.1
Acacia nilotica subsp. toment	Gum Arabic	excipient	3	3.81	19.1
Oryza sativa Linn	Rice	Rice bran extract	4	0.48	2.4
Oryza sativa Linn	Rice	Rice hulls	4	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 plenty of 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 Reduce meat consumption and favour a diet rich in soluble and insoluble fibre - fruit, vegetables, oat and wheat bran are good. Exercise vigorously regularly, up to 50% of capacity.

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