

Maharishi AyurVeda - Public Information

UK Product Name MA222 Aswagandha/Indian Asparagus/Amla compl **Code Name** MA0222
Availability Stock item in UK

Description MA222 calms the mind and emotions by balancing excess Vata, the movement principle, and by cooling Pitta, the heating principle. If you feel short-tempered when under pressure, it signals that Pitta is out of balance. MA222 is especially beneficial in balancing Pitta and settling turbulent thoughts and feelings. The main ingredients are Ashwagandha, Shatavari and Amla. Ashwagandha promotes rest and mental clarity. Shatavari is a powerful nutritive tonic and rejuvenative. Amla is remarkably high in Vitamin C and has a balancing effect on all three doshas (controlling principles of the body). Together they work synergistically to bring peace to fraught emotions and an over-excited mind

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	52.66	263.3
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	15.8	79.0
Phyllanthus emblica L.	Amla	fruit rind	3	10.53	52.7
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	4	5.27	26.4
Ipomoea digitate Linn	Giant Potato	tuberous root	4	5.27	26.4
Eclipta prostata (L) L.	Trailing Eclipta	whole plant	4	5.27	26.4
Acacia nilotica subsp. toment	Gum Arabic	excipient	7	4.74	23.7
Rice bran extract	Rice bran extract	excipient	8	0.47	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 preferably after meals.
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