

Maharishi AyurVeda - Public Information

UK Product Name MA229 Arjuna/Liquorice complex **Code Name** MA0229
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Terminalia arjuna W. & A.	Arjuna	bark	1	50.85	254.3
Glycyrrhiza glabra Linn.	Liquorice	root	2	25.43	127.2
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	3	15.26	76.3
Ipomoea digitate Linn	Giant Potato	tuberous root	4	5.08	25.4
Acacia arabica	Gum acacia	excipient	5	2.9	14.5
Oryza sativa Linn	Rice	excipient:lubrica	6	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 2-3 tablets twice daily with warm water or coffee

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) 60

Regulatory Status Food Supplement