

Maharishi AyurVeda - Public Information

UK Product Name MA242 Tamarind formula **Code Name** MA0242
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Magnesium silicate	Soap stone	Soap stone	1	80.86	404.3
Tamarindus indica Linn.	Tamarind	twig	2	13.48	67.4
Acacia nilotica subsp. toment	Gum Arabic	excipient	3	2.83	14.2
Talcum	Talc	excipient:lubrica	4	2.36	11.8
Magnesium stearate	Magnesium stearate	excipient	5	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 Teens and adult
Dosage Form 500mg tablet
Method of Use Take 2 tablets 2-3 times day with water.
How Long to Continue Use? Take for at least 6 weeks continuously.
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