

Maharishi AyurVeda - Public Information

UK Product Name MA244 Licorice/Tamarind formula **Code Name** MA0244
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Licorice	root	1	87.41	437.1
Tamarindus indica Linn.	Tamarind	twig	2	8.74	43.7
Acacia nilotica subsp. toment	Gum Arabic	excipient	3	2.88	14.4
Talcum	Talc	excipient:lubrica	4	0.48	2.4
Magnesium stearate	Magnesium stearate	excipient	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 Teens and adult
Dosage Form 500mg tablet
Method of Use Take 1-2 tablets twice daily with water or honey
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 Avoid excess exercise

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