

Maharishi AyurVeda - Public Information

UK Product Name MA247 Tinospora formula **Code Name** MA0247
Availability Discontinued

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Magnesium silicate	Soap stone	soap stone	1	87.78	438.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	2	4.39	22.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	3	5.53	27.7
Corn Starch - organic	Corn Starch - organic	excipient	4	1.84	9.2
Oryza sativa Linn	Rice	Rice bran extravt	5	0.46	2.3

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 glucose water or lassi.
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