

# Maharishi AyurVeda - Public Information

**UK Product Name** MA256 Licorice/Giant Potato complex **Code Name** MA0256  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Licorice	root	1	43.92	219.6
Ipomoea cheiropphylla O'Done	Giant Potato	tuberous root	2	35.13	175.7
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	3	17.57	87.9
Acacia nilotica subsp. toment	Gum Arabic	excipient	4	2.9	14.5
Talcum	Talc	excipient:lubrica	5	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 1-2 tablets 2-3 times a day with water. Take MA3105 30-60 minutes before or after.  
**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