

Maharishi AyurVeda - Public Information

UK Product Name MA288 Jal Brahmi/Aswagandha complex **Code Name** MA0288
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Centella asiatica (L.) Urb	Indian Pennywort	whole plant	1	21.8	109.0
Withania somnifera (L.) Dunal	Aswagandha	root	2	10.43	52.2
Valeriana wallichii DC.	Indian Valerian	rhizome	2	10.43	52.2
Piper longum Linn.	Long Pepper	root	2	10.43	52.2
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	2	10.43	52.2
Lavandula stoechas L.	French Lavender	flower	2	10.43	52.2
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	2	10.43	52.2
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	10.43	52.2
Acacia nilotica subsp. toment	Gum Arabic	excipient	9	4.74	23.7
Rice bran extract	Rice bran extract	excipient:lubrica	10	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 All
Dosage Form 500mg tablet
Method of Use Take 2-3 tablets at bedtime with water.
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