

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Iron Support tablets (MA321)	<b>Code Name</b>	MA0321
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Supports the body's ability to absorb and metabolise iron. Each tablet contains about 6 mg of iron.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	18.62	93.1
Piper longum Linn.	Long Pepper	fruit	2	9.94	49.7
Glycyrrhiza glabra Linn.	Liquorice	root	2	9.94	49.7
Vitis vinifera Linn.	Grape	dried fruit	2	9.94	49.7
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	9.94	49.7
Elettaria cardamomum (Linn)	Cardamom	fruit	6	4.97	24.9
Phyllanthus emblica L.	Amla	fruit rind	6	4.97	24.9
Phoenix dactylifera Linn.	Date Palm	fruit	6	4.97	24.9
Syzygium aromaticum (Linn.)	Clove	flower bud	9	2.49	12.5
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	9	2.49	12.5
Turbinella rapa Lamark.	Conch Shell	shell	9	2.49	12.5
Mesua ferrea L.	Cobra's Saffron	flower	9	2.49	12.5
Ferroso-ferric oxidum	Iron bhasma		9	2.49	12.5
Moneteria moneta L	Cowry Shell	shell	9	2.49	12.5
Fossil coral	Fossil coral	stem	9	2.49	12.5
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	9	2.49	12.5
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell bhasma	9	2.49	12.5
Maize starch	Maize starch	excipient	18	1.9	9.5
Acacia nilotica subsp. toment	Gum Arabic	excipient	19	0.96	4.8
Oryza sativa Linn	Rice	Rice bran extract	19	0.96	4.8
Oryza sativa Linn	Rice	Rice hulls	21	0.48	2.4

<b>Contraindications/Precautions</b>	May cause mild gastric disturbance
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	'Supplementation with Iron may cause mild gastric disturbance such as constipation, loose bowels, bloating or cramping. If so reduce intake to 1 tablet twice daily. If the symptoms persist consult your health advisor. When you are taking an iron supplement your bowel movements will tend to be darker and harder so ensure you have plenty fluids and roughage in your diet. The herbal content of Iron Rich/Iron Support tablets mitigates any tendency to experience side effects from the iron content.'
<b>Potential Allergens</b>	Molluscs - Conch shell, Cowry shell, Black lipped pearl oyster shell.

## Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 2 tablets twice daily with milk or water after meals
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>
<b>Specific Dietary/Lifestyle Advice</b>	Prefer a light but rich diet with lots of fresh fruits, cow's ghee, milk, butter, wheat & rice. Avoid root vegetables, spicy & heavy food. Take a walk in the morning and do TM & yoga asanas. Early to bed, early to rise. Avoid mental and physical tension and excessive thinking.

## Presentation

<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid
<b>Net Weight grams</b>	30

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<b>Availability</b>	Stock item in UK		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		