

Maharishi AyurVeda - Public Information

UK Product Name	Calm Temples (MA332)	Code Name	MA1663
Availability	Stock item in UK		
Description	Helps maintain comfort of the head. [Soothes the nervous system and supports detoxification.]		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. ex	Guggul	exudate	1	33.28	166.4
Ferroso-ferric oxidum	Iron bhasma		2	8.32	41.6
Operculina turpethum (L) Silv	White turpeth	root	2	8.32	41.6
Calcii sulphas	Gypsum		2	8.32	41.6
Terminalia chebula Retz.	Haritaki	fruit rind	3	4.17	20.9
Phyllanthus emblica L.	Amla	fruit rind	3	4.17	20.9
Terminalia belerica Roxb.	Bibhitaki	fruit rind	3	4.17	20.9
Terminalia belerica Roxb.	Bibhitaki	fruit rind extract	4	2.62	13.1
Terminalia chebula Retz.	Haritaki	fruit extract	4	2.62	13.1
Phyllanthus emblica L.	Amla	fruit rind extract	5	2.23	11.2
Tribulus terrestris Linn.	Small Caltrops	fruit	6	2.08	10.4
Zingiber officinale Rosc.	Ginger	rhizome	6	2.08	10.4
Piper longum Linn.	Long Pepper	fruit	6	2.08	10.4
Glycyrrhiza glabra Linn.	Liquorice	root	6	2.08	10.4
Maize starch	Maize starch	excipient	7	2	10.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	8	1	5.0
Talcum	Talc	excipient:lubrica	8	1	5.0
Magnesium stearate	Magnesium stearate	excipient	8	1	5.0
Eclipta prostata (L) L.	Trailing Eclipta	whole plant extra	9	0.97	4.9
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	10	0.58	2.9
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	10	0.58	2.9
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	10	0.58	2.9
Oroxylum indicum Vent.	Trumpet Tree	bark extract	10	0.58	2.9
Aegle marmelos Corr.	Bael	bark extract	10	0.58	2.9
Solanum indicum Linn.	Indian nightshade	whole plant extra	10	0.58	2.9
Stereospermum suaveolens	Trumpet Flower	bark extract	10	0.58	2.9
Swertia chirata Buch.-Ham.	Chiretta	whole plant extra	10	0.58	2.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	10	0.58	2.9
Tribulus terrestris Linn.	Small Caltrops	fruit extract	10	0.58	2.9
Uraria picta Linn.	Prisniparni	whole plant extra	10	0.58	2.9
Premna integrifolia Linn.	Headache Tree	whole plant extra	10	0.58	2.9
Curcuma longa Linn.	Turmeric	rhizome extract	11	0.49	2.5

Contraindications/Precautions	Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.
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 twice daily 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

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Specific Dietary/Lifestyle Advice	Prefer light food, cow's ghee, green vegetables, old rice, grams. Avoid new rice, yoghurt, butter, fish, mustard, day sleep. Practice relaxation (we suggest Transcendental Meditation) and yoga asanas.		
Presentation			
Presentation	60 tablets in an amber PET pot with t/e lid		
Net Weight grams	30		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		