

Maharishi AyurVeda - Public Information

UK Product Name

Guggul/Bibhitaki complex

Code Name

MA0344

Availability

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg)
Maize starch	Maize starch		0	1.92	9.6
Magnesium stearate	Magnesium stearate		0	0.96	4.8
Talcum	Talc		0	0.96	4.8
Phyllanthus emblica L.	Amla		0	12.02	60.1
Terminalia chebula Retz.	Haritaki		0	12.02	60.1
Terminalia bellerica Roxb.	Bibhitaki		0	12.02	60.1
Balsamodendron mukul	Indian bedellium	Exudate	0	60.1	300.5

Contraindications/Precautions

Over dose and its Management

Side Effects and Interactions

Potential Allergens

Usage

Age Group

Dosage Form

Method of Use

Take 2-4 tablets 2-3 times a day 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

Net Weight grams

30g

Storage

Shelf Life (months)

36

Regulatory Status

Food Supplement