

# Maharishi AyurVeda - Public Information

**UK Product Name** MA471 Java Plum/Bael complex **Code Name** MA0471  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Syzygium cumini (L) Skeels	Java Plum	seed	1	18.58	92.9
Aegle marmelos Corr.	Bael	leaf	1	18.58	92.9
Asphaltum	Shilajit	exudate	1	18.58	92.9
Aegle marmelos Corr.	Bael	leaf extract	4	8.16	40.8
Azadirachta indica A. Juss.	Neem	leaf	5	4.65	23.3
Enicostema axillare subsp. litt	Indian Gentian	whole plant	5	4.65	23.3
Syzygium cumini (L) Skeels	Java Plum	leaf	5	4.65	23.3
Phyllanthus niruri Linn.	Bhumiamla	whole plant	5	4.65	23.3
Terminalia arjuna W. & A.	Arjuna	bark	5	4.65	23.3
Momordica chirantia L.	Bitter Gourd	fruit juice extract	10	0.95	4.8
Dalbergia sissoo Roxb.ex DC	Rosewood	bark	11	0.71	3.6
Pongamia pinnata (linn.) Merr	Indian Beech		11	0.71	3.6
Terminalia arjuna W. & A.	Arjuna	bark	11	0.71	3.6
Shorea robusta Gaertn. f.	Sal Tree	heartwood	11	0.71	3.6
Pterocarpus marsupium Roxb	Malabar Kino	heartwood	11	0.71	3.6
Gymnema sylvestre (Retz) R.	Gymnema	leaf	11	0.71	3.6
Albizia lebbbeck (L) Benth.	East Indian Walnut		17	0.36	1.8
Tectona grandis Linn. f.	Teak		17	0.36	1.8
Betula utilis D. Don	Silver Birch	bark	17	0.36	1.8
Coscinium fenestratum (Gaer	Columbo wood	stem	17	0.36	1.8
Symplocos racemosa Roxb.	Lodh Tree	bark	17	0.36	1.8
Acacia polyacantha (Linn.f.)	Cutch Tree		17	0.36	1.8
Santalum album Linn.	White sandalwood	heartwood	17	0.36	1.8
Borassus flabellifera Linn.	Palmyra Palm	bark	17	0.36	1.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	25	3.81	19.1
Talcum	Talc	excipient:lubrica	26	0.95	4.8

**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 twice daily with water. Increase dose every 4th day until a good response is experienced, up to a maximum of 2 tablets 4 times daily.  
**How Long to Continue Use?** As recommended by your practitioner  
**Specific Dietary/Lifestyle Advice** Standard diabetes diet to be followed.

## 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

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<b>Availability</b>	Stock item in UK		
<b>Regulatory Status</b>	Food Supplement		