

Maharishi AyurVeda - Public Information

UK Product Name	Digest Mild tablets (MA593)	Code Name	MA0593
Availability	Stock item in UK		
Description	A mild digestive. Supports appetite, digestion and balances digestive gas.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Saccharum officinarum Linn	Crystal sugar	juice of stem	1	40.05	200.3
Carum carvi L.	Caraway	seed	2	13.35	66.8
Cuminum cyminum Linn.	Cumin	seed	3	10.02	50.1
Punica granatum Linn.	Pomegranate	seed	3	10.02	50.1
Sodium chloride b	Black salt		5	3.34	16.7
Elettaria cardamomum (Linn)	Cardamom	fruit	6	2.25	11.3
Piper longum Linn.	Long Pepper	fruit	6	2.25	11.3
Zingiber officinale Rosc.	Ginger	rhizome	6	2.25	11.3
Sodium chloride	Rock salt		6	2.25	11.3
Piper nigrum Linn.	Black Pepper	fruit	6	2.25	11.3
Cinnamomum verum J. Presl	Cinnamon verum	bark	6	2.25	11.3
Citric acidum	Citric acid		12	1.48	7.4
Ferula narthex Boiss.	Asafoetida	exudate	13	0.27	1.4
Acacia nilotica subsp. toment	Gum Arabic	excipient:binder	14	3.51	17.6
Maize starch	Maize starch	excipient:binder	15	2.64	13.2
Talcum	Talc	excipient:lubrica	16	0.91	4.6
Calcii carbonas	Calcium carbonate	excipient:lubrica	16	0.91	4.6

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 2-4 tablets about 15 minutes after each meals with water or lassi (1 part fresh yoghurt with 2 parts water)
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	120 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)	24

Regulatory Status	Food Supplement
--------------------------	-----------------