

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Herbal Cleanse tablets (MA602)	<b>Code Name</b>	MA0602
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>Supports regular elimination and intestinal cleansing. [Supports assimilation of food and cellular purification. Helps maintain healthy hair &amp; nails.]</p> <p>Ayurveda considers daily elimination a prerequisite for good health. In fact, if you visit an Ayurvedic physician, one of the first questions you will be asked will be about your bowel movements. Irregular elimination allows toxins to build up, causing you to feel "plugged up" physically and mentally.</p> <p>The Herbal Cleanse formula supports normal, regular elimination and aids intestinal cleansing and efficient absorption of nutrients. It provides a healthy, long-term solution, unlike the harsh purge caused by drugs or constipation products. The herbs in Herbal Cleanse help support natural, effective, regular elimination; aid cellular purification; balance cell moisture for smooth, clear skin; improve assimilation and nutrition.</p> <p>Herbal Masterpiece</p> <p>The herbs in Herbal Cleanse are combined in precise proportions and prepared the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.</p> <ul style="list-style-type: none"><li>·Senna aids natural elimination.</li><li>·The rare white form of Turpeth root is also used here to aid natural elimination.</li><li>·Excess heat can decrease the efficiency of both assimilation and elimination.</li></ul> <p>Cabbage Rose helps cool the intestines and smooth the effects of all the ingredients.</p> <ul style="list-style-type: none"><li>·Turpeth, Haritaki and Indian Laburnum help deliver the other herbs to the desired destinations. This boosts absorption for maximum efficiency and gentleness for comfort.</li></ul>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/capsule)
Terminalia chebula Retz.	Haritaki	fruit rind	1	15.69	78.5
Rosa centifolia Linn.	Cabbage Rose	petal	1	15.69	78.5
Operculina turpethum (L) Silv	White turpeth	root	1	15.69	78.5
Foeniculum vulgare ssp capill	Bitter fennel	seed	1	15.69	78.5
Cassia fistula L.	Indian Laburnum	fruit pulp extract	1	15.69	78.5
Cassia alexandrina Mill.	Tinnevelly Senna	leaf	1	15.69	78.5
Aloe barbadensis extract	Aloe extract	leaf	7	3.92	19.6
Acacia nilotica subsp. toment	Gum Arabic	excipient;binder	8	1.96	9.8

<b>Contraindications/Precautions</b>	Not recommended for children under 12 years. Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colitis), abdominal pain of unknown origin, severe dehydration.
<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>	None known
<b>Potential Allergens</b>	
<b>Usage</b>	
<b>Age Group</b>	Adolescents & adults
<b>Dosage Form</b>	617mg vegicap
<b>Method of Use</b>	Take the capsules at bedtime with warm water: - If you have a fast digestion and a tendency to hard stools take 3-4 capsules every other night. On the alternate night take 1 teaspoon of psyllium husk soaked in a cup of warm water. - If you have average digestion and occasional hard stools take 2-3 capsules every night for not more than 2 weeks then wait 3-5 days before continuing. Repeat the cycle until elimination is normal. - If you have slow digestion and less capacity to hold your stools take 1-2 capsules for not more than 2 weeks then wait 3-5 days before repeating the cycle.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.

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<b>Specific Dietary/Lifestyle Advice</b>	Take lukewarm water 3-4 times daily . Do not drink cold water - it reduces digestive fire. Favour a diet rich in fibre - especially green leafy vegetables. Minimize creamy foods - butter, cheese, cakes.		
<b>Presentation</b>			
<b>Presentation</b>	60 vegicaps in an amber PET pot with t/e lid		
<b>Net Weight grams</b>	37		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		