

Maharishi AyurVeda - Public Information

UK Product Name Rasayana for Men tablets (MA631) **Code Name** MA0631
Availability Stock item in UK

Description Helps revitalise and harmonize the male physiology as a whole. This outstanding formula is an anti-oxidant and supports the efficiency of the process whereby the cells in all tissues and organs are continually being replaced by new ones.

Increase your stamina and longevity

Rasayana for Men is a herbal powerhouse, designed to unfold a man's innate strength and longevity. It helps maintain the rejuvenation of three foundations of your health: bones for a strong body, bone marrow for longevity and reproductive fluid for overall health, happiness and virility. When Rasayana for Men is taken regularly the benefits accumulate.

Rasayana for Men helps improve these Ayurvedic factors

- bone metabolism (Asthi-Agni) for dynamism and strength
- bone marrow (Majja Dhatu) for longevity and strength
- or strong, healthy reproductive fluid (Shukra Dhatu)

Herbal Masterpiece

The herbs in Rasayana for Men are combined in exact proportions and prepared in 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.

·The main element is a treasured Ayurvedic ingredients called Asphaltum (Shilajit). The Ayurvedic texts say that it supports a happy, long life, helps slow cellular aging, develops physical stamina, and nourishes three important body tissues -- bone, bone marrow, and reproductive fluids.

·We prepare Shilajit in the traditional way described in the Ayurvedic texts. The procedure takes three months to complete. This meticulous process is the only way to guarantee all the benefits described in the texts.

·The combination of Long Pepper, Black Pepper and Ginger together are the well known formula Trikatu, which supports the whole digestive process and assimilation and is also very nourishing for the tissues (Dhatu).

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	42.64	213.2
Balsamodendron mukul	Indian bedellium	exudate	2	10.66	53.3
Abies spectabilis(D. Don) Mir	Silver Fir	leaf	3	9.29	46.5
Pistacia integerrima Stew. ex	Galls	gall	4	4.65	23.3
Piper longum Linn.	Long Pepper	fruit	4	4.65	23.3
Piper nigrum Linn.	Black Pepper	fruit	4	4.65	23.3
Zingiber officinale Rosc.	Ginger	rhizome	4	4.65	23.3
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	5	2.32	11.6
Elettaria cardamomum (Linn)	Cardamom	fruit	6	1.16	5.8
Mesua ferrea L.	Cobra's Saffron	flower	6	1.16	5.8
Cinnamomum verum J. Presl	Cinnamon	bark	6	1.16	5.8
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	6	1.16	5.8
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	6	1.16	5.8
Vitis vinifera Linn.	Grape	fruit	7	0.99	5.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	8	0.67	3.4
Inula racemosa Hook. f.	Inula root	root	9	0.55	2.8
Glycyrrhiza glabra Linn.	Liquorice	root	10	0.54	2.7
Oroxylum indicum Vent.	Trumpet Tree	bark	11	0.48	2.4
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark	12	0.43	2.2
Tribulus terrestris Linn.	Small Caltrops	whole plant	13	0.37	1.9
Uria picta Linn.	Prisniparni	whole plant	14	0.34	1.7
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem	15	0.31	1.6
Carum carvi L.	Caraway	fruit	16	0.24	1.2
Cuminum cyminum Linn.	Cumin	fruit	17	0.23	1.2

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: map@maharishi.co.uk - Web: maharishi.co.uk

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Withania somnifera (L.) Dunal	Aswagandha	root	18	0.21	1.1
Sida cordifolia Linn.	Country Mallow	root	19	0.2	1.0
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf	20	0.18	0.9
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	21	0.16	0.8
Scindapsus officinalis Schoot.	Major Catkins	fruit	22	0.16	0.8
Cyperus rotundus Linn.	Nut grass	tuberous root	23	0.09	0.5
Aegle marmelos Corr.	Bael	bark	24	0.07	0.4
Baliospermum solanifolium (B	Danti	root	25	0.07	0.4
Stereospermum suaveolens	Trumpet Flower	bark	26	0.06	0.3
Rice Hulls	Rice hulls	excipient	40	0.48	2.4
Rice bran extract	Rice bran extract	excipient	40	0.48	2.4

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 Teens and adults

Dosage Form 500mg tablet

Method of Use Take 1 tablet 2-3 times a daily with warm milk on an empty stomach. (Can be used in double dose and higher frequencies under supervision)

How Long to Continue Use? May be taken continuously for maximum benefit.

Specific Dietary/Lifestyle Advice To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

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) 36

Regulatory Status Food Supplement