

# Maharishi AyurVeda - Public Information

**UK Product Name** MA635 Wild Indigo/Gum Arabic formula **Code Name** MA0635  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tephrosia purpurea (Linn.) P	Wild Indigo	whole plant	1	90.46	452.3
Acacia nilotica subsp. toment	Gum Arabic	exudate	2	9.04	45.2
Talcum	Talc	excipient:lubrica	3	0.5	2.5

**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 30 minutes before meals with honey or warm water.  
**How Long to Continue Use?** As recommended by your practitioner  
**Specific Dietary/Lifestyle Advice**

## 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

**Regulatory Status** Food Supplement