

Maharishi AyurVeda - Public Information

UK Product Name	Digest Medium powder (MA685)	Code Name	MA0685
Availability	Stock item in UK		
Description	Supports digestion and elimination .		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Cuminum cyminum Linn.	Cumin	seed	1	50	500.0
Zingiber officinale Rosc.	Ginger	rhizome	2	10	100.0
Terminalia chebula Retz.	Haritaki	fruit rind	2	10	100.0
Sodium chloride	Rock salt		2	10	100.0
Foeniculum vulgare ssp capill	Bitter fennel	fruit	2	10	100.0
Cassia alexandrina Mill.	Tinnevelly Senna	leaf	2	10	100.0

Contraindications/Precautions	Not recommended for children under 12 years. Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colistis), abdominal pain of unknown origin, severe dehydration.
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	Adolescents and adults
Dosage Form	powder
Method of Use	Take 1-2 grams twice daily after meals with warm water or lassi
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	60 grams in an amber pot the t/e lid
Net Weight grams	60
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24

Regulatory Status	Food Supplement
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