

Maharishi AyurVeda - Public Information

UK Product Name MA687 Liquorice/Aswagandha complex **Code Name** MA0687
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Glycyrrhiza glabra Linn.	Liquorice	root	1	86.54	432.7
Withania somnifera (L.) Dunal	Aswagandha	root	2	7.69	38.5
Acacia nilotica subsp. toment	Gum Arabic	exudate	3	1.92	9.6
Maize starch	Maize starch	excipient	4	1.92	9.6
Oryza sativa Linn	Rice	Rice bran extract	5	0.96	4.8
Oryza sativa Linn	Rice	Rice hulls	6	0.96	4.8

Contraindications/Precautions Caution is advised in cases of congestive heart conditions.
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 about 30 mins before meals in morning and evening. Continue taking it for 1-2 months after colds or flu.

How Long to Continue Use? For asthma take with Raja's Cup (MA704) or real coffee (not decaffeinated).
As recommended at <http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products>

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