

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Vital Man tablets (MA924)	<b>Code Name</b>	MA0924
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>For vitality, strength and energy</p> <p>Strengthen five key areas for greater energy and vitality Does a stressful routine leave you feeling worn out? By the end of the day, are you ready to collapse in front of the television? You actually have the innate ability to feel energetic and full of life all the time.</p> <p>This revitalizing formula helps balance, integrate and normalize the functioning of the whole body. It has County Mallow and other herbs that help the body to quickly replace dead cells with new ones for greater energy.</p> <p>The intelligence of the twenty-one herbs in Vital Man create synergy to help strengthen five crucial functions of a man's physiology:</p> <ul style="list-style-type: none"> <li>·mental performance</li> <li>·emotions</li> <li>·blood purification</li> <li>·digestion</li> <li>·reproductive fluids</li> </ul> <p>This herbal compound is easy to assimilate and supports the natural resistance of the body to a stressful routine and environment. Men of all ages can experience the benefits of Vital Man.</p> <p>Herbal Masterpiece</p> <p>The herbs in all of the recommended formulas are combined in precise proportions and prepared in the traditional ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy—the collective benefit is much greater than that of isolated, individual herbs.</p> <ul style="list-style-type: none"> <li>·Ashwagandha nourishes the nervous system and helps maintain calm in stressful situations.</li> <li>·Indian asparagus, Black musale and Liquorice are Vrishya herbs. They increase Shukra, reproductive fluid, for inner vitality and a more attractive appearance.</li> </ul>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Asphaltum	Shilajit	exudate	1	33.33	333.3
Mucuna pruriens (L.) DC.	Cowage	seed	2	15.72	157.2
Asparagus racemosus Willd.	Indian asparagus	tuberous root	3	4.57	45.7
Piper longum Linn.	Long Pepper	fruit	4	4.38	43.8
Curculigo orchoides Gaertn.	Black musale	tuberous root	4	4.38	43.8
Glycyrrhiza glabra Linn.	Liquorice	root	4	4.38	43.8
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	4	4.38	43.8
Pedaliium murex Linn.	Large Caltrops	fruit	4	4.38	43.8
Sida cordifolia Linn.	Country Mallow	whole plant	4	4.38	43.8
Withania somnifera (L.) Dunal	Aswagandha	root	4	4.38	43.8
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	4	4.38	43.8
Mesua ferrea L.	Cobra's Saffron	flower	12	2.19	21.9
Carum carvi L.	Caraway	fruit	12	2.19	21.9
Cinnamomum verum J. Presl	Cinnamon verum	bark	12	2.19	21.9
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	15	0.48	4.8
Oroxylum indicum Vent.	Trumpet Tree	bark extract	15	0.48	4.8
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	15	0.48	4.8
Solanum indicum Linn.	Indian nightshade	root extract	15	0.48	4.8
Tribulus terrestris Linn.	Small Caltrops	fruit extract	15	0.48	4.8
Stereospermum suaveolens	Trumpet Flower	bark extract	15	0.48	4.8
Aegle marmelos Corr.	Bael	bark extract	15	0.48	4.8
Premna integrifolia Linn.	Headache Tree	root	15	0.48	4.8
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root extract	15	0.48	4.8
Uraria picta Linn.	Prisniparni	whole plant extra	15	0.48	4.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	25	0	0.0

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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Calcii carbonas	Calcium carbonate	excipient - lubric	26	0	0.0
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**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** Adult above 30 years  
**Dosage Form** 1000mg tablet  
**Method of Use** Take 1 tablet twice daily or two at bedtime with water or milk  
**How Long to Continue Use?** As recommended in the General Information leaflet.  
**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** 60  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement