

# Maharishi AyurVeda - Public Information

**UK Product Name** Calciocare tablets (MA925) **Code Name** MA0925  
**Availability** Stock item in UK

**Description** Helps increase absorption and good utilization of calcium. Each tablet contains 40mg calcium - 5% of RDA.

Is your body using the calcium you ingest?

Your calcium needs are non-negotiable for strong and healthy bones, hair, nails and teeth all require proper calcium intake. But a diet rich in calcium or taking calcium supplements doesn't guarantee that your body can assimilate and use it. Calciocare supplies calcium from red coral in a bio available form and supports your body's ability to assimilate the natural calcium in the foods you eat.

The herbs in Calciocare 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.

The Red Coral is meticulously processed in the juices and decoctions of the herbs so that its qualities (gunas) are enhanced.

Calciocare helps:

- supports the body's ability to absorb and assimilate calcium from the foods you eat
- supplies 220 mg. of calcium carbonate in each tablet
- supports the flow of nutrients and energy to cells
- helps metabolise fat tissue for healthy bones, teeth, hair and nails

The Indian Tinospora plant has special properties. It aids metabolism and helps clear the channels between the tissues. This allows calcium to flow freely to the tissues. This herb also purifies and balances fat tissue (Meda Dhatu), the best raw material for building bones.

Amla boosts the bioavailability and absorption of calcium and balances the alkalinity of the formula.

Bhumialma (Phyllanthus) is a rasayana that particularly supports liver function

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Phyllanthus emblica L.	Amla	fruit rind	1	43.57	217.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	2	21.79	109.0
Fossil coral	Fossil coral	stem	3	21.79	109.0
Phyllanthus niruri Linn.	Bhumiamla	whole plant	4	5.45	27.3
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem	5	5.45	27.3
Rice bran extract	Rice bran extract		10	0.49	2.5
Rice Hulls	Rice hulls		10	0.49	2.5
Maize starch	Maize starch	excipient:binder	10	0.98	4.9

**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 with water

**How Long to Continue Use?** 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 amber PET pot with t/e lid

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<b>Availability</b>	Stock item in UK		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		