

Maharishi AyurVeda - Public Information

UK Product Name Herbal Digest tablets (MA927) **Code Name** MA0927
Availability Stock item in UK

Description Helps balance appetite and support digestion. Makes food more satisfying and nutritious.
Balance your appetite and improve your digestion
Good nutrition goes beyond eating foods that are fresh and wholesome. If the process of digestion is sluggish, your body creates sticky food residue called Ama that can clog the channels in the body and hinder the process of assimilation. Proper digestion and metabolism, on the other hand, results in the conversion of the foods you eat into healthy body tissues. Herbal Digest is a blend of 13 ayurvedic herbs and spices that supports assimilation and elimination, so you won't feel dull and heavy after meals.

Herbal Digest supports digestion at each step from a good appetite to better health by:

- balancing the five key aspects of digestion
- reducing digestive impurities
- promoting a regular appetite and naturally balancing cravings
- making you feel more light and comfortable
- making food more satisfying and nutritious

The herbs in Herbal Digest 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.

·Pomegranate Seeds help balance and stimulate both the appetite and the process of digestion. The seeds are processed in the unique and specific way described in traditional texts. This maximizes the potency.

·The ingredients in Herbal Digest include the six ayurvedic tastes: sweet, sour, salty, pungent, bitter and astringent. Each taste stimulates a different aspect of digestion and metabolism.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	40.32	201.6
Carum carvi L.	Caraway	seed	2	12.65	63.3
Punica granatum Linn.	Pomegranate	fruit & seed	3	9.94	49.7
Cuminum cyminum Linn.	Cumin	seed	4	9.04	45.2
Zingiber officinale Rosc.	Ginger	rhizome	5	2.71	13.6
Piper longum Linn.	Long Pepper	fruit	5	2.71	13.6
Elettaria cardamomum (Linn)	Cardamom	fruit	5	2.71	13.6
Cinnamomum verum J. Presl	Cinnamon	bark	5	2.71	13.6
Piper nigrum Linn.	Black Pepper	fruit	5	2.71	13.6
Sodium chloride	Rock salt		10	2.71	13.6
Sodium chloride b	Black salt		11	1.81	9.1
Citric acidum	Citric acid	dried juice	12	1.36	6.8
Ferula narthex Boiss.	Asafoetida	exudate	13	0.36	1.8
Acacia nilotica subsp. toment	Gum Arabic	excipient: binder	14	3.67	18.4
Corn Starch - organic	Corn Starch - organic	excipient; binder	15	2.75	13.8
Rice Hulls	Rice hulls	excipient:	16	0.92	4.6
Rice bran extract	Rice bran extract	excipient	16	0.92	4.6

Contraindications/Precautions Each tablet contains 25 mg of salt.

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

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Availability	Stock item in UK		
Usage			
Age Group	All		
Dosage Form	500mg tablet		
Method of Use	To support appetite take 1-2 tablets twice daily 10 minutes before main meals with a little warm water or warm milk. To support digestion and maintain balanced gas production take 1-2 tablets 15 minutes after meals preferably with a little salted lassi. (Lassi = one part fresh yoghurt blended with 2 parts water with a small pinch of salt).		
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	chewing food stimulates enzymes which prepare the digestive tract for action. Then the digestive fire (Jatharagni) is controlled by three factors: Pachaka Pitta that breaks down the food; Samana Vata that moves and stirs the food separating nutrients from waste; Kledaka Kapha that moistens and lubricates. Eat at regular times; eat in a settled atmosphere and attend to the food while eating.		
Presentation			
Presentation	60 tablets in an amber PET pot with t/e lid		
Net Weight grams	30		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	36		
Regulatory Status	Food Supplement		