

Maharishi AyurVeda - Public Information

UK Product Name Youthful Skin tablets (MA989) **Code Name** MA0989
Availability Stock item in UK

Description Helps keep skin supple & youthful. Promotes mental calm and emotional contentment, balance of skin moisture, temperature and elasticity.
Help replenish your skin from the inside
Your skin is like a mirror — it reflects what's happening inside your body, and mind. Your digestion and metabolism, as well as ongoing stress levels, can significantly impact the health and glow of your skin. Provide balanced nutritional support for your skin with the Youthful Skin herbal tablets. This combination of herbs nourishes the deep rohini layer of the skin and supports mental calm and balanced emotions. It helps build healthy skin tissue and balance skin temperature, moisture and elasticity.

Herbal Masterpiece

The herbs in Youthful Skin are combined in exact proportions and prepared in the traditional ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy — the collective benefit is much greater than isolated, individual herbs.

·Sensitive Plant balances the skin's sensitivity and helps the process of nerve regeneration.

·Aswagandha helps counteract the effects of stress.

·Indian Pennywort supports collagen replacement

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/500mg) |
|-------------------------------|--------------------|--------------------|------|-------|--------------------|
| Withania somnifera (L.) Dunal | Aswagandha | root | 1 | 54.54 | 272.7 |
| Mimosa pudica L. | Sensitive Plant | whole plant | 2 | 18.18 | 90.9 |
| Centella asiatica (L.) Urb | Indian Pennywort | whole plant | 2 | 18.18 | 90.9 |
| Glycyrrhiza glabra Linn. | Liquorice | root | 4 | 4.55 | 22.8 |
| Crocus sativus Linn. | Saffron | stigma&style | 5 | 1.82 | 9.1 |
| Bambusa bambos(L.) Voss | Bamboo Manna | secretion | 5 | 1.82 | 9.1 |
| Corallium rubrum L. | Red coral | stem | 7 | 0.91 | 4.6 |
| Acacia nilotica subsp. toment | Gum Arabic | excipient: binder | 8 | 2 | 10.0 |
| Talcum | Talc | excipient:lubrica | 9 | 0.5 | 2.5 |
| Magnesium stearate | Magnesium stearate | excipient: disinte | 10 | 0.5 | 2.5 |

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 2-3 times daily with warm water
How Long to Continue Use? As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice

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) 60

Regulatory Status Food Supplement

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

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