

Maharishi AyurVeda - Public Information

UK Product Name Detox (MA1010) **Code Name** MA1010
Availability Stock item in UK

Description Helps detoxify the whole body to make you feel renewed, clear and healthy.

Digestive impurities, chemicals, toxins from the air and water, and stress can accumulate in your body faster than it can deal with them. They may have been there for years.

In ayurveda, these impurities are called "Ama". They disturb the liver, circulation, nutrition, elimination, blood, muscle and fat tissue. Even if you eat healthy food, if your digestion is not perfect, your body is still likely to produce Ama.

While some internal cleansers purify the colon and digestive tract only, Detox detoxifies your whole body by helping to purify the liver and metabolism, to support absorption of nutrients and reduce digestive impurities and to cleanse the sweat glands and eliminative organs to support production of pure nutritional fluid, blood and fat tissue.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tribulus terrestris Linn.	Small Calatrops	fruit	1	11.43	57.2
Glycyrrhiza glabra Linn.	Liquorice	root extract	2	9.56	47.8
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	2	9.56	47.8
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	2	9.66	48.3
Operculina turpethum (L) Silv	White turpeth	root	5	3.35	16.8
Rosa centifolia Linn.	Cabbage Rose	petal	5	6.7	33.5
Berberis aristata DC	Indian Barberry	stem	7	4.73	23.7
Cyperus rotundus Linn.	Nut grass	tuberous root	7	4.73	23.7
Andrographis paniculata (Bur	Kalmegh	whole plant	7	4.73	23.7
Sphaeranthus indicus Linn.	Globe Thistle	Whole plant	10	3.35	16.8
Cyperus rotundus Linn.	Nut grass	Fruit	10	3.35	16.8
Curcuma longa Linn.	Turmeric	rhzome	10	3.35	16.8
Swertia chirata Buch.-Ham.	Chiretta	whole plant	11	2.86	14.3
Cassia fistula L.	Indian Laburnum	fruit pulp extract	11	2.86	14.3
Santalum album Linn.	White sandalwood	heartwood	11	2.86	14.3
Withania somnifera (L.) Dunal	Aswagandha	root	11	2.86	14.3
Rubia cordifolia Linn.	Indian Madder	root extract	11	2.86	14.3
Azadirachta indica A. Juss.	Neem	bark extract	16	1.97	9.9
Ferroso-ferric oxidum	Iron bhasma	Incinerated iron	16	1.97	9.9
Azadirachta indica A. Juss.	Neem	leaf	16	1.97	9.9
Acacia arabica	Gum acacia	excipient	20	1.86	9.3
Pinctada margaritifera b	Black Lipped Oyster Pearl	Oyster pearl	21	0.99	5.0
Oryza sativa Linn	Rice	excipient:hull co	22	0.48	2.4
Oryza sativa Linn	Rice	excipient -Extrac	22	0.48	2.4
Hydroxypropyl methylcellulos	Hydroxypropyl methylcellulos	Excipient: Coatin	23	1.48	7.4

Contraindications/Precautions Not recommended for people with a predominance of Pitta or intolerance of heat. If you find Detox too heating use MA1663 instead. Do not take with Radiant Skin tabs (MA926), MA1000 or Be Trim 1 & 2 (MA1006, MA1007)

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 Contains: Oyster pearl

Usage

Age Group All

Dosage Form 500mg tablet

Method of Use For 10 days take 1 tablet twice daily with warm water. Then increase gradually to 2 tablets twice daily for up to 35 days.

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How Long to Continue Use?	Continue for not more than about 45 days.		
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