

Maharishi AyurVeda - Public Information

UK Product Name Blissful Joy tablets (MA1402) **Code Name** MA1402

Availability Stock item in UK

Description To help uplift the emotions and self-confidence.

This herbal formula nourishes the mind-body connection by strengthening cells and uplifting your emotions -- for a renewed feeling of energy, happiness and an overall sense of well-being.

The herbs and minerals in Blissful Joy help to support metabolism and revitalize cell growth for natural energy, alertness, well-being, resistance to stress and improve stability.

Herbal Masterpiece

The herbs in Blissful Joy are combined in precise proportions and prepared in the ayurvedic way. This improves bioavailability of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

·Arjuna is especially known to strengthen the heart and emotions (Sadhaka Pitta).
·Ashwagandha and Holy Basil, have powerful "adaptogenic" properties. They assist the body's natural resistance to stressful situations.
·Ashwagandha is also very effective in balancing the mind (Prana Vata) and maintaining emotional stability.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	27.54	275.4
Terminalia arjuna W. & A.	Arjuna	bark extract	2	23.19	231.9
Phyllanthus emblica L.	Amla	fruit rind	3	13.53	135.3
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	4	4.83	48.3
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	4	4.83	48.3
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	6	2.34	23.4
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	7	2.19	21.9
Uraria picta Linn.	Prisniparni	whole plant extra	8	1.76	17.6
Triticum aestivum	Wheat	whole plant extra	9	1.61	16.1
Premna integrifolia Linn.	Headache Tree	whole plant extra	10	1.46	14.6
Ocimum basilicum L.	Sweet basil	leaf	11	1.45	14.5
Oroxylum indicum Vent.	Trumpet Tree	bark extract	12	1.32	13.2
Solanum indicum Linn.	Indian nightshade	whole plant extra	13	1.17	11.7
Piper nigrum Linn.	Black Pepper	fruit	14	0.97	9.7
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	14	0.97	9.7
Myristica fragrans Hoult.	Nutmeg	kernel	14	0.97	9.7
Myristica fragrans Hoult.	Mace	aril	14	0.97	9.7
Akik stone incinerated	Akik stone bhasma		14	0.97	9.7
Zingiber officinale Rosc.	Ginger	rhizome dry	14	0.97	9.7
Amomum subulatum Roxb.	Greater cardamom	fruit	14	0.97	9.7
Piper longum Linn.	Long Pepper	fruit	14	0.97	9.7
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	22	0.88	8.8
Stereospermum suaveolens	Trumpet Flower	bark extract	23	0.44	4.4
Aegle marmelos Corr.	Bael	bark extract	24	0.37	3.7
Acacia nilotica subsp. toment	Gum Arabic	excipient	25	1.93	19.3
Calcii carbonas	Calcium carbonate	excipient	26	1.45	14.5

Contraindications/Precautions

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 Molluscs - Black lipped oyster pearl.

Usage

Age Group All

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

Maharishi AyurVeda - Public Information

UK Product Name	Blissful Joy tablets (MA1402)	Code Name	MA1402
Availability	Stock item in UK		
Dosage Form	1000mg tablet		
Method of Use	Take 1 tablet twice daily with water. Ideally do not take on an empty stomach and wait 1 hour after full meals.		
How Long to Continue Use?	As recommended in the General Information leaflet.		
Specific Dietary/Lifestyle Advice	Favour light, dry, warm foods with pungent, bitter & astringent tastes; reduce heavy, oily, cold, foods with sweet, sour and salty tastes; do not over eat; take a little fresh ginger with a pinch of salt before meals; raw honey is the one sweetener that is good for you; exercise regularly – preferably every day; enjoy variety in life - seek out new sights, sounds & people. Stay warm, avoid cold damp environments; early to bed, early to rise.		
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)	60		
Regulatory Status	Food Supplement		