

Maharishi AyurVeda - Public Information

UK Product Name Rasayana for Energy tablets (MA1403) **Code Name** MA1403
Availability Stock item in UK

Description Helps enhance energy levels. Helps maintain access to your potential energy by keeping open the channels through which it can then flow. Enhances nutrient availability and replacement of old cells with new.

Open the gates to unlimited energy
 When was the last time you felt a rush of exhilarating energy flowing through your body?

If you're feeling worn out, maybe it's been a while. But your body has the potential to generate all the energy you want.
 How? Your circulation goes beyond veins and arteries to minute channels that supply nutrients and energy for all the billions of cells in your body. When the channels are clogged with digestive impurities, then fatigue sets in.

Rasayana for Energy combines 18 herbs and minerals that support the clear flow of energy and quickly helps to build energetic new cells. You'll feel revitalized and full of life.

Herbal Masterpiece

The ingredients 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.

- Country Mallow (Bala) and nine other herbs make up the renowned ayurvedic energy tonic called Dashmula. These herbs are famous for their restorative value that helps the body replace dead cells quickly.
- Liquorice, Nutmeg, Ginger, Black Pepper and Long Pepper are highly effective for supporting digestion and the assimilation of nutrients.
- Ashwagandha helps the body adapt to and recover from stress.
- Zinc Bhasma is an excellent source of the trace mineral Zinc and is especially valuable in combating fatigue. It is meticulously processed with other herbs to enhance its bioavailability.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	28.56	285.6
Glycyrrhiza glabra Linn.	Liquorice	root extract	2	17.13	171.3
Phyllanthus emblica L.	Amla	fruit rind	3	14.28	142.8
Sida cordifolia Linn.	Country Mallow	whole plant extra	4	11.42	114.2
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	5	3.29	32.9
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	6	3.08	30.8
Uraria picta Linn.	Prisniparni	whole plant extra	7	2.47	24.7
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	8	2.27	22.7
Premna integrifolia Linn.	Headache Tree	whole plant extra	9	2.06	20.6
Oroxylum indicum Vent.	Trumpet Tree	bark extract	10	1.85	18.5
Solanum indicum Linn.	Indian nightshade	whole plant extra	11	1.65	16.5
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	12	1.23	12.3
Myristica fragrans Houtt.	Nutmeg	kernel	13	0.96	9.6
Piper longum Linn.	Long Pepper	fruit	13	0.96	9.6
Piper nigrum Linn.	Black Pepper	fruit	13	0.96	9.6
Zingiber officinale Rosc.	Ginger	rhizome	13	0.96	9.6
Zinc oxide	Zinc bhasma		13	0.96	9.6
Stereospermum suaveolens	Trumpet Flower	bark extract	18	0.62	6.2
Aegle marmelos Corr.	Bael	bark extract	19	0.51	5.1
Corn Starch - organic	Corn Starch - organic	excipient	20	0.96	9.6
Acacia nilotica subsp. toment	Gum Arabic	excipient	20	0.96	9.6
Rice bran extract	Rice bran extract	Excipient	21	0.95	9.5
Rice Hulls	Rice hulls	Excipient	22	0.45	4.5
Hydroxypropyl methylcellulos	Hydroxypropyl methylcellulos	Excipient, coat	23	1.48	14.8

Contraindications/Precautions None

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	Rasayana for Energy tablets (MA1403)	Code Name	MA1403
Availability	Stock item in UK		
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	1000mg tablet		
Method of Use	Take 1-2 tablets 2-3 times 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 at http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products		
Specific Dietary/Lifestyle Advice	Fatigue is often caused by accumulation of Ama. Elimination of Ama by appropriate means is likely to be helpful. To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.		
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		