

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Cold Season Defence tablets (MA1404)	<b>Code Name</b>	MA1404
<b>Availability</b>	Stock item in UK		
<b>Description</b>	To help revitalize natural resistance and detoxify. Resistance to viruses is natural when your body is prepared. Cold Season Defence offers nutritional support to the body's natural defences. The herbs in Cold Season Defence support: <ul style="list-style-type: none"><li>·well-being and comfort</li><li>·balance of the moisture level and mucus in the lungs and sinuses</li><li>·strong digestion to minimise production of toxic food residues and</li><li>·removal of toxins that can weaken resistance</li><li>·the body's defence mechanisms</li></ul> Herbal Masterpiece The herbs in Cold Season Defence 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. <ul style="list-style-type: none"><li>·Inula, Liquorice and Hyssop to help balance mucus and moisture.</li><li>·Long Pepper, combines with Black Pepper and Gallsto help improve nutrient circulation.</li><li>·Holy Basil aids the innate defence systems.</li></ul>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Ocimum sanctum Linn.	Holy Basil	whole plant	1	29.17	291.7
Hyssopus officinalis Linn.	Hyssop	whole plant	2	19.51	195.1
Pistacia integerrima Stew. ex	Galls	gall	3	18.54	185.4
Inula racemosa Hook. f.	Inula root	root	4	9.76	97.6
Glycyrrhiza glabra Linn.	Liquorice	root extract	4	9.76	97.6
Clerodendrum infortunatum L.	Clerodendrum infortunatum	bark extract	6	4.88	48.8
Piper nigrum Linn.	Black Pepper	fruit	7	1.47	14.7
Piper longum Linn.	Long Pepper	fruit	7	1.47	14.7
Alpinia galanga (L.) Sw.	Greater Galangal	rhizome	7	1.47	14.7
Corn Starch - organic	Corn Starch - organic	excipient	10	0.96	9.6
Rice Hulls	Rice hulls	excipient	10	0.96	9.6
Rice bran extract	Rice bran extract	excipient:lubrica	10	0.96	9.6
Opadry nutrapure	Opadry nutrapure	Coating	11	0.99	9.9

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Potential Allergens</b>	
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	1000mg tablet
<b>Method of Use</b>	In preparation for the cold season take 1-2 tablets twice daily. Otherwise take 1-2 tablets 2-3 times a day.
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>
<b>Specific Dietary/Lifestyle Advice</b>	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.

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<b>Presentation</b>			
<b>Presentation</b>	30 tablets in an amber PET pot with t/e lid.		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		