

Maharishi AyurVeda - Public Information

UK Product Name	Breathe Easy tablets (MA1405)	Code Name	MA1405
Availability	Stock item in UK		
Description	<p>Supports the health of the respiratory tract. Removes toxins and helps maintain the digestive fire, immunity and natural resistance to cold.</p> <p>Maintain your Natural resistance The common cold can set in when the body's natural balance is thrown off. Breathe Easy tablets help support the digestive fire, which may be weakened in colder weather. This formula will also support your resistance to the cold, help lubricate the lungs and maintain your body's balance of moisture and mucus.</p> <p>Helps support these ayurvedic factors</p> <ul style="list-style-type: none">·fluid balance and the production of mucus throughout the body (Kapha)·lubrication of the lungs and throughout the body (Shleshaka Kapha)·balance of the thirteen digestive fires or metabolic processes (Agnis)·circulation of nutrients and respiration (Vyana Vata) <p>Herbal Masterpiece</p> <p>The herbs in Breathe Easy tablets 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.</p> <p>·Dry Ginger and Long Pepper are both renowned for supporting overall digestion, assimilation and metabolism. This helps reduce improperly digested impurities (Ama) that can decrease your resistance to cold weather.</p> <p>·Dry Ginger, Long Pepper and Cinnamon also help maintain the body's optimal operating temperature which further improves resistance to cold.</p> <p>·Inula, Marshmallow and Liquorice help balance moisture and mucus in the upper body (Tarpaka Kapha and Shleshaka Kapha), as well as respiration and circulation. (Vyana Vata).</p> <p>Cinnamon, Cardamom, Bamboo and Liquorice all enhance the bioavailability of the foods you eat. This improves the formation and assimilation of nutrients for good overall health.</p>		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Opadry nutrapure	Opadry nutrapure	Coating	0	0	0.0
Ocimum sanctum Linn.	Holy Basil	leaf	1	34.84	348.4
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	23.23	232.3
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	3	11.61	116.1
Piper longum Linn.	Long Pepper	fruit	4	6.5	65.0
Onosma bracteatum Wall.	Gaozaban	whole plant	5	4.65	46.5
Glycyrrhiza glabra Linn.	Liquorice	root extract	5	4.65	46.5
Inula racemosa Hook. f.	Inula root	root	7	3.25	32.5
Elettaria cardamomum (Linn)	Cardamom	fruit	7	3.25	32.5
Cinnamomum verum J. Presl	Cinnamon	bark	9	1.86	18.6
Zingiber officinale Rosc.	Ginger	rhizome	10	1.39	13.9
Althaea officinalis	Marsh Mallow	flower	10	1.39	13.9
Fossil coral	Fossil coral	stem	12	0.93	9.3
Acacia nilotica subsp. toment	Gum Arabic	excipient	13	1.95	19.5
Rice bran extract	Rice bran extract	excipient:lubrica	14	0.49	4.9

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	1000mg tablet

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

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Method of Use	Take 1-2 tablets twice daily with warm water.		
How Long to Continue Use?	Ideally take for about 45 days.		
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 (do not heat it). 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		