

Maharishi AyurVeda - Public Information

UK Product Name	Glucostat (MA1407)	Code Name	MA1407
Availability	Stock item in UK		

Description Supports balanced sugar metabolism

Too many sweet, heavy foods, long-term stress and lack of exercise can contribute to an imbalance in sugar metabolism. The Glucostat herbal formula is a powerful combination of herbs that supports the body's natural ability to metabolise sugar.

NOTE: Not recommended if you have low blood-sugar.

The herbs in Glucostat help these Ayurvedic factors

- support digestion and assimilation of vital nutrients and processing of carbohydrates
- help rejuvenation of nerve cells in the legs
- help maintain healthy kidney function
- cleansing of impurities
- balance your blood chemistry
- support those functions that can be strained by poor sugar metabolism

Herbal Masterpiece

The herbs in Glucostat 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.

·Ashwagandha is one of the foremost herbs for balancing Vata and improving nerve function.

·Spreading Hogweed (Punarnava) helps maintain good liver and kidney function.

·Punarnava means "that which can make one new again." It helps the body flush impurities for smooth operation of nephrons (kidney cells). It also supports the effect of Ashwagandha which support nerve function in the legs.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	1	21.44	214.4
Withania somnifera (L.) Dunal	Aswagandha	root	1	21.44	214.4
Asphaltum	Shilajit	exudate	3	10.09	100.9
Syzygium cumini (L) Skeels	Java Plum	seed	3	10.09	100.9
Aegle marmelos Corr.	Bael	leaf	3	10.09	100.9
Aegle marmelos Corr.	Bael	leaf extract	6	6.96	69.6
Azadirachta indica A. Juss.	Neem	leaf	7	2.52	25.2
Enicostema axillare subsp. litt	Indian Gentian	whole plant	7	2.52	25.2
Phyllanthus niruri Linn.	Bhumiamla	whole plant	7	2.52	25.2
Terminalia arjuna W. & A.	Arjuna	bark	7	2.52	25.2
Syzygium cumini (L) Skeels	Java Plum	leaf	7	2.52	25.2
Momordica chirantia L.	Bitter Gourd	fruit extract	12	0.97	9.7
Gymnema sylvestre (Retz) R.	Gymnema	leaf extract	13	0.86	8.6
Terminalia arjuna W. & A.	Arjuna	bark extract	14	0.52	5.2
Pterocarpus marsupium Roxb	Malabar Kino	wood extract	15	0.34	3.4
Symplocos racemosa Roxb.	Lodh Tree	bark extract	16	0.28	2.8
Pongamia pinnata (linn.) Merr	Indian Beech	bark extract	17	0.15	1.5
Berberis aristata DC	Indian Barberry	stem extract	17	0.15	1.5
Shorea robusta Gaertn. f.	Sal Tree	bark extract	19	0.11	1.1
Albizia lebbeck (L) Benth.	East Indian Walnut	bark extract	19	0.11	1.1
Dalbergia sissoo Roxb.ex DC	Rosewood	bark extract	21	0.09	0.9
Borassus flabellifera Linn.	Palmyra Palm	bark extract	22	0.08	0.8
Tectona grandis Linn. f.	Teak	bark extract	22	0.08	0.8
Acacia polyacantha (Linn.f.)	Cutch Tree	bark extract	24	0.07	0.7
Santalum album Linn.	White sandalwood	wood extract	25	0.06	0.6
Betula utilis D. Don	Silver Birch	bark extract	26	0.03	0.3
Acacia nilotica subsp. toment	Gum Arabic	excipient	27	2.9	29.0
Talcum	Talc	excipient:lubrica	28	0.48	4.8

Contraindications/Precautions Do not take on an empty stomach. Not recommended if you have low blood sugar.

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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		
Side Effects and Interactions	None known		
Potential Allergens			
Usage			
Age Group	All		
Dosage Form	1000mg tablet		
Method of Use	Take 1-2 tablets twice daily with warm water. Do not take on an empty stomach		
How Long to Continue Use?	As recommended in the General Information leaflet.		
Specific Dietary/Lifestyle Advice			
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)	36		
Regulatory Status	Food Supplement		