

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Prostate Balance (MA1595)	<b>Code Name</b>	MA1595
<b>Availability</b>	Stock item in UK		

**Description**

Supports overall prostate health and immunity.

A holistic approach to prostate health  
A majority of men in UK experience prostate problems at some point during their lives. After the age of 40, testosterone levels start to decrease, causing the prostate gland to enlarge. This can lead to obstruction in the flow of urine and increased potential for infections. From the ayurvedic perspective, prostate problems can result from a sedentary lifestyle, lack of proper nutrients or retention of urine. The Prostate Balance herbal formula is designed to deliver nutritional support over a broader range of targeted areas than ordinary prostate supplements.

This blend of 18 herbs, minerals and fruits helps to keep testosterone levels in balance, maintain the vitality and health of the reproductive system, support immunity and resistance to infection, purify the urine and the urinary tract. Plus, each tablet contains 20% of the recommended daily amount of zinc.

## Herbal Masterpiece

The herbs 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, Shilajit and Zinc Bhasma help balance the amount of male hormone, testosterone, and support sexual desire.
- Shilajit and Country Mallow support the reproductive fluid (Shukra).
- The Bringhana ingredients - Zinc Bhasma and Indian Tinospora, support all seven bodily tissues (Dhatu).
- Mountain Ebony and Indian Tinospora, help to maintain the glands at their normal size.
- Indian Tinospora, Sandalwood, Liquorice and Fossil encrinite bhasma help to maintain comfort in the urinary tract
- Indian Tinospora, Zinc Bhasma and Turmeric support immunity in the genitourinary tract.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	1	19.9	99.5
Balsamodendron mukul	Indian bedellium	exudate	2	9.95	49.8
Santalum album Linn.	White sandalwood	heartwood	2	9.95	49.8
Crataeva nurvala Buch.- Ham	Three-leaved Caper	bark extract	4	5.97	29.9
Sida cordifolia Linn.	Country Mallow	whole plant extra	4	5.97	29.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	4	5.97	29.9
Tribulus terrestris Linn.	Small Caltrops	fruit extract	4	5.97	29.9
Bauhinia variegata L.	Mountain Ebony	bark extract	4	5.97	29.9
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root extract	4	5.97	29.9
Asphaltum	Shilajit	exudate	10	4.97	24.9
Pterocarpus santalinus Linn. f	Red Sanders	heartwood extra	11	3.98	19.9
Calcium silicate	Fossil encrinite		12	2.98	14.9
Glycyrrhiza glabra Linn.	Liquorice	root	12	2.98	14.9
Curcuma longa Linn.	Turmeric	rhizome	12	2.98	14.9
Hordeum vulgare Linn.	Barley	whole plant	15	1.99	10.0
Syzygium aromaticum (Linn.)	Clove	flower bud	16	1	5.0
Zinc oxide	Zinc bhasma		16	1	5.0
Zingiber officinale Rosc.	Ginger	rhizome	18	0.8	4.0
Piper nigrum Linn.	Black Pepper	fruit	19	0.6	3.0
Piper longum Linn.	Long Pepper	fruit	19	0.6	3.0
Talcum	Talc	excipient:lubrica	21	0.5	2.5

**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.

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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<b>Side Effects and Interactions</b>	None known		
<b>Potential Allergens</b>			
<b>Usage</b>			
<b>Age Group</b>	Adult male 40+		
<b>Dosage Form</b>	500mg tablet		
<b>Method of Use</b>	Take 2 tablets 2-3 times daily with water until the desired result has been achieved then take 1 tablet twice daily to maintain the benefits.		
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.		
<b>Specific Dietary/Lifestyle Advice</b>	Drink lots of water. Take time to empty your bladder when urinating. Avoid alcohol. Take stretch breaks if you are sitting still a lot. Keep warm in cold weather. Keep bowels regular - favour fibre rich foods. Take fresh cooked foods and lots of sweet juicy fruit. Eat radishes & asparagus. Whole brans are a useful source of zinc. Do daily oil massage		
<b>Presentation</b>			
<b>Presentation</b>	60 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>	60		
<b>Regulatory Status</b>	Food Supplement		