

Maharishi AyurVeda - Public Information

UK Product Name MA1673 Indian Frankincense/Bhumi Amla complex **Code Name** MA1673
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Boswellia serrata Roxb.	Indian Frankincense	exudate	1	19.42	97.1
Nyctanthes arbortristis Linn.	Night Jasmine	leaf	2	15.53	77.7
Phyllanthus niruri Linn.	Bhumiamla	whole plant	2	15.53	77.7
Withania somnifera (L.) Dunal	Aswagandha	root	3	14.56	72.8
Curcuma longa Linn.	Turmeric	rhizome	4	5.83	29.2
Glycyrrhiza glabra Linn.	Liquorice	root	5	3.88	19.4
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	5	3.88	19.4
Phyllanthus emblica L.	Amla	fruit rind	6	3.24	16.2
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	7	3.23	16.2
Terminalia chebula Retz.	Haritaki	fruit rind	7	3.23	16.2
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	Incinerated shell	8	2.91	14.6
Piper nigrum Linn.	Black Pepper	fruit	9	1.62	8.1
Piper longum Linn.	Long Pepper	fruit	9	1.62	8.1
Zingiber officinale Rosc.	Ginger	rhizome	10	1.61	8.1
Zinc oxide	Zinc bhasma	oxide	11	0.97	4.9
Oryza sativa Linn	Rice	Excipient: Extrac	12	0.49	2.5
Acacia nilotica subsp. toment	Gum Arabic	excipient:Exudat	12	1.94	9.7
Oryza sativa Linn	Rice	Excipient:Hull co	12	0.49	2.5

Contraindications/Precautions

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 Molluscs - Black lipped pearl oyster shell,

Usage

Age Group All
Dosage Form 500mg tablet
Method of Use Take 1-2 tablets 2-3 times a day with water
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

Presentation

Presentation 60 tablets in an HDPE pot with foil seal.
Net Weight grams 30
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 60

Regulatory Status Food Supplement