

# Maharishi AyurVeda - Public Information

**UK Product Name** MA1676 Aswagandha/Bone Setter complex **Code Name** MA1676  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	21.22	106.1
Cissus quadrangularis L.	Bone Setter	stem	2	12.73	63.7
Asparagus racemosus Willd.	Indian asparagus	root	3	8.48	42.4
Prunus puddum Roxb. b	Wild Himalayan Cherry	heartwood	4	6.36	31.8
Neolamarckia cadamba (Rox	Kadamba	bark	4	6.36	31.8
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf	4	6.36	31.8
Terminalia arjuna W. & A.	Arjuna	bark	4	6.36	31.8
Commiphora mukul (Hook. ex	Guggul	exudate	8	5.3	26.5
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	9	4.24	21.2
Oroxylum indicum Vent.	Trumpet Tree	root	10	3.18	15.9
Glycyrrhiza glabra Linn.	Liquorice	root	10	3.18	15.9
Boswellia serrata Roxb.	Indian Frankincense	exudate	10	3.18	15.9
Inula racemosa Hook. f.	Inula root	root	13	2.12	10.6
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	13	2.12	10.6
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell	13	2.12	10.6
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	13	2.12	10.6
Zingiber officinale Rosc.	Ginger	rhizome	17	0.71	3.6
Piper longum Linn.	Long Pepper	fruit	17	0.71	3.6
Piper nigrum Linn.	Black Pepper	fruit	17	0.71	3.6
Acacia nilotica subsp. toment	Gum Arabic	excipient	20	1.95	9.8
Talcum	Talc	excipient:lubrica	21	0.49	2.5

<b>Contraindications/Precautions</b>	Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.
<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>	Mollusc - Black Lipped pearl Oyster shell

## Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1-2 tablets 2-3 times daily with water
<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>	

## Presentation

<b>Presentation</b>	60 tablets in an amber PET bottle with t/e lid
<b>Net Weight grams</b>	60
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	60

**Regulatory Status** Food Supplement