

Maharishi AyurVeda - Public Information

UK Product Name Allergard (MA1788) **Code Name** MA1788
Availability Stock item in UK

Description Supports ones ability to respond appropriately to allergens by cleansing toxins from the body and supporting liver function.

Allergies — get to the root of the problem
According to Maharishi Ayurveda, if the body's innate intelligence becomes clouded by the accumulation of toxins (ama) it can become sensitive to allergens. Allergard provides a holistic, one-two solution. It helps eliminate toxins that inhibit the body's natural defences and supports the body's natural resistance to allergens. With Allergard you get a natural, long-term solution – enlivening the body's inner intelligence. .

The herbs in Allergard help:
·Support digestion and cleansing
·Reduce improperly digested impurities. (Ama)
·Boost cellular nutrition and performance

Herbal Masterpiece

The herbs in Allergard are combined in exact proportions and prepared in the traditional Ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs:

·Holy Basil is renowned for its support of natural resistance.
·Abhraka Bhasma is revered for rejuvenation. It takes over six months to prepare, even with our advanced, custom-designed processing equipment. It is a special kind of mica that has a high silica content. It's heated and reheated over 100 times to enhance bioavailability and potency.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Ocimum sanctum Linn.	Holy Basil	leaf	1	23.13	231.3
Curcuma longa Linn.	Turmeric	rhizome	1	23.13	231.3
Zingiber officinale Rosc.	Ginger	rhizome	3	9.25	92.5
Glycyrrhiza glabra Linn.	Liquorice	root	3	9.25	92.5
Trachyspermum ammi (Linn.	Ajowain	fruit	5	4.63	46.3
Terminalia chebula Retz.	Haritaki	fruit rind	5	4.63	46.3
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	5	4.63	46.3
Phyllanthus emblica L.	Amla	fruit rind	5	4.63	46.3
Cinnamomum verum J. Presl	Cinnamon	bark	5	4.63	46.3
Ferroso-ferric oxidum	Iron bhasma		10	2.31	23.1
Biotite mica	Abhraka bhasma		10	2.31	23.1
Acacia nilotica subsp. toment	Gum Arabic	excipient	12	2.78	27.8
Maize starch	Maize starch	excipient-binder	13	2.78	27.8
Rice bran extract	Rice bran extract	excipient	15	0.46	4.6
Hydroxypropyl methylcellulos	Hydroxypropyl methylcellulos	excipient - coatin	16	1.48	14.8

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 Adolescents and adults

Dosage Form 1000mg tablet

Method of Use Take 1 tablet 2-3 times daily with lukewarm water. Preferably start 45 days before the allergy season and continue 45 days after.

How Long to Continue Use? As recommended at <http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products>

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Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an amber PET bottle 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