

Maharishi AyurVeda - Public Information

UK Product Name MA1793 Haritaki/Sarsaparilla complex **Code Name** MA1793
Availability Stock item in UK

Description Provides holistic support for the respiratory system. Cleanses, supports natural immunity and moisture balance, and helps optimal functioning of the entire respiratory area.

Maintain the health of the respiratory system
 Ayurveda recommends a holistic approach to respiratory health. It recommends that you provide ongoing nourishment and support to the lungs and the respiratory system. Respiratory Protection is a blend of 27 active Ayurvedic herbs, spices and minerals to help keep the lungs clean, support natural immunity and optimal functioning of the lungs and the entire respiratory area.

Herbal Masterpiece

The herbs in Respiratory Protection 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.

- Haritaki, Silver Fir and Holy Basil nurture the delicate bronchial tissues.
- Marshmallow Root and Sarsaparilla help lubrication and maintain moisture balance in the bronchial channels.
- Indian Tinospora, Indian pennywort help support natural immunity in the bronchial area.
- Spreading Hogweed, Holy Basil and Neem help detoxify the bronchial channels

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg)
Terminalia chebula Retz.	Haritaki	fruit rind	1	12.24	61.2
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	2	10.2	51.0
Althaea officinalis	Marsh Mallow	flower	3	9.18	45.9
Abies spectabilis(D. Don) Mir	Silver Fir	leaf	3	9.18	45.9
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	5	7.65	38.3
Withania somnifera (L.) Dunal	Aswagandha	root	5	7.65	38.3
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	7	4.08	20.4
Ocimum sanctum Linn.	Holy Basil	leaf	7	4.08	20.4
Inula racemosa Hook. f.	Inula root	root extract	9	3.06	15.3
Centella asiatica (L.) Urb	Indian Pennywort	lwhole plant	10	2.55	12.8
Phyllanthus emblica L.	Amla	fruit rind	10	2.55	12.8
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	12	2.04	10.2
Justicia adhatoda L.	Malabar Nut	leaf extract	12	2.04	10.2
Azadirachta indica A. Juss.	Neem	leaf	12	2.04	10.2
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	12	2.04	10.2
Liquidambar orientalis Miller	Oriental Sweet Gum	exudate	12	2.04	10.2
Cinnamomum verum J. Presl	Cinnamon verum	bark	12	2.04	10.2
Dorema ammoniacum D. Don	Gum ammoniac	exudate	12	2.04	10.2
Syzygium aromaticum (Linn.)	Clove	flower bud	12	2.04	10.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	20	1.53	7.7
Mesua ferrea L.	Cobra's Saffron	flower	20	1.53	7.7
Piper longum Linn.	Long Pepper	fruit	20	1.53	7.7
Piper nigrum Linn.	Black Pepper	fruit	23	1.02	5.1
Zingiber officinale Rosc.	Ginger	rhizome	23	1.02	5.1
Pistacia integerrima Stew. ex	Galls	gall	23	1.02	5.1
Biotite mica	Abhraka bhasma		26	0.51	2.6
Fossil coral	Fossil coral	stem	26	0.51	2.6
Acacia nilotica subsp. toment	Gum Arabic	excipient	28	2.04	10.2
Talcum	Talc	excipient:lubrica	29	0.51	2.6

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.

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Side Effects and Interactions	None known		
Potential Allergens			

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1-2 tablets twice daily with warm 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	Take warm, light easily digestible foods. Avoid excessive mental and emotional stress.

Presentation

Presentation	60 tablets in an amber PET bottle with t/e lid
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	60
Regulatory Status	Food Supplement