

Maharishi AyurVeda - Public Information

UK Product Name	Menopause Vitality (MA1807)	Code Name	MA1807
Availability	Stock item in UK		
Description	For women pre and post menopause. Enhances vitality, bliss and strength. Nourishes the genito-urinary tract.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asparagus racemosus Willd.	Indian asparagus	tuberous root	1	48	240.0
Mucuna pruriens (L.) DC.	Cowage	seed	2	19	95.0
Acacia nilotica subsp. toment	Gum Arabic	exudate	3	10	50.0
Hibiscus rosa-sinensis Linn.	Shoe Flower	flower	4	5	25.0
Rosa centifolia Linn.	Cabbage Rose	petal	5	4	20.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	6	2	10.0
Tinospora cordifolia (Willd.) H	Gulanchar Tinospora	stem	6	2	10.0
Woodfordia fruticosa (Linn.) K	Fire Flame Bush	flower	6	2	10.0
Sida cordifolia Linn.	Country Mallow	whole plant extra	9	1	5.0
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	9	1	5.0
Terminalia chebula Retz.	Haritaki	fruit rind	9	1	5.0
Phyllanthus emblica L.	Amla	fruit rind	9	1	5.0
Cinnamomum verum J. Presl	Cinnamon verum	bark	9	1	5.0
Zinc oxide	Zinc bhasma		9	1	5.0
Myristica fragrans Houltt.	Nutmeg	fruit	9	1	5.0
Caesalpinia sappan .	Sappan wood	wood extract	15	0.5	2.5
Talcum	Talc	excipient:lubrica	16	0.5	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 Mollusc - Black Lipped Oyster Pearl

Usage

Age Group	Adult
Dosage Form	500mg tablet
Method of Use	Take 2 tablets twice daily with Luke warm water.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

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