

Maharishi AyurVeda - Public Information

UK Product Name MA1808 Indian Pennywort/Spikenard complex **Code Name** MA1808
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Centella asiatica (L.) Urb	Indian Pennywort	whole plant	1	29	145.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	2	10	50.0
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	2	10	50.0
Bacopa monnieri (L.) Wettst.	Jal Brahmi	whole plant	2	10	50.0
Ocimum sanctum Linn.	Holy Basil	seed	5	9.5	47.5
Neolamarckia cadamba (Rox)	Kadamba	bark	5	9.5	47.5
Angelica glauca Edgw.	White Angelica	root	5	9.5	47.5
Piper nigrum Linn.	Black Pepper	fruit	8	3	15.0
Syzygium aromaticum (Linn.)	Clove	flower bud	9	2	10.0
Rosa centifolia Linn.	Cabbage Rose	petal	9	2	10.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	9	2	10.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	12	1	5.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	13	2	10.0
Talcum	Talc	excipient:lubrica	14	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 1-2 tablets twice daily with Luke 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

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