

Maharishi AyurVeda - Public Information

UK Product Name MA1814 Cowage/Aswagandha complex **Code Name** MA1814
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Mucuna pruriens (L.) DC.	Cowage	fruit	1	19.5	97.5
Withania somnifera (L.) Duna	Aswagandha	root	2	11	55.0
Terminalia arjuna W. & A.	Arjuna	bark	2	11	55.0
Rosa centifolia Linn.	Cabbage Rose	flower	2	11	55.0
Bacopa monnieri (L.) Wettst.	Jal Brahmi	whole plant	2	11	55.0
Angelica glauca Edgw.	White Angelica	root	6	7.5	37.5
Santalum album Linn.	White sandalwood	heartwood	7	5.5	27.5
Asparagus racemosus Willd.	Indian asparagus	tuberous root ext	8	4	20.0
Alhagi maurorum Medik.	Camel Thorn	thorn	9	3.5	17.5
Glycyrrhiza glabra Linn.	Liquorice	root	10	2.5	12.5
Myristica fragrans Hoult.	Nutmeg	fruit	10	2.5	12.5
Biotite mica	Abhraka bhasma		12	2	10.0
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl bhasma	12	2	10.0
Zinc oxide	Zinc bhasma		12	2	10.0
Agate incinerated	Agate bhasma		15	1	5.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant extra	15	1	5.0
Imperata cylindrica (L) Raeus	Thatch Grass	root extract	17	0.5	2.5
Acacia nilotica subsp. toment	Gum Arabic	excipient	18	2	10.0
Talcum	Talc	excipient:lubrica	19	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.
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