

# Maharishi AyurVeda - Public Information

**UK Product Name** MA1832 Amla/Indian Asparagus complex **Code Name** MA1832

**Availability** Stock item in UK

**Description** Supplies 250-500 mg bio-available natural calcium and supports absorption and assimilation of calcium from food.

Your calcium needs are non-negotiable - strong and healthy bones, hair, nails and teeth all require proper calcium intake. But a diet rich in calcium or taking calcium supplements doesn't guarantee that your body can assimilate and use it. MA1832 supplies your body with 250-500 mg of bioavailable calcium a day and it helps enhance your body's ability to absorb calcium from the foods you eat.

The herbs in Calcium Support are combined in precise proportions and prepared in the traditional ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy - the collective benefit is much greater than that of isolated, individual herbs.

The different sources of natural calcium are meticulously processed in the juices and decoctions of the herbs such that the healing qualities (gunas) of each mineral and herb are enhanced in the whole and any side effects are balanced.

MA1832 helps:

- Support the body's ability to absorb and assimilate calcium from the foods you eat
- Supplies 250-500 mg. of calcium each day. The Reference Nutrient Intake for adults in UK is 700mg/day.

- Increase the flow of nutrients and energy to cells

- Maintain the digestive process that converts fat tissue into healthy bone tissue for healthy bones, teeth, hair and nails

The Indian Tinospora plant has special properties. It aids metabolism and helps clear the channels between the tissues. This allows calcium to flow freely to the tissues. This herb also purifies and balances fat tissue (Meda Dhatu), the best raw material for building bones.

Amla boosts the bioavailability and absorption of calcium and, in combination with Lime, balances the alkalinity of the formula.

Indian Sarsaparilla helps purify fat tissue, essential for the health and strength of bones.

Bhumi-amla is a bitter rasayana that supports liver function

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell	1	42.16	210.8
Turbinella rapa Lamark.	Conch Shell	shell	2	8.43	42.2
Phyllanthus emblica L.	Amla	fruit rind extract	2	8.43	42.2
Moneteria moneta L	Cowry Shell	shell	2	8.43	42.2
Fossil coral	Fossil coral	stem	2	8.43	42.2
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	8.43	42.2
Citrus x aurantiifolia (Christm.	Sour lime	dried juice of frui	7	4.72	23.6
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem starch	8	1.69	8.5
Sida cordifolia Linn.	Country Mallow	whole plant extra	8	1.69	8.5
Phyllanthus niruri Linn.	Bhumiamla	whole plant extra	8	1.69	8.5
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	pearl	8	1.69	8.5
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	8	1.69	8.5
Acacia nilotica subsp. toment	Gum Arabic	excipient	13	1.26	6.3
Magnesium stearate	Magnesium stearate	excipient	14	0.84	4.2
Talcum	Talc	excipient:lubrica	15	0.42	2.1

## 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** Molluscs - Conch shell, Cowry shell, Black lipped oyster pearl,

## Usage

**Age Group** All

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<b>Availability</b>	Stock item in UK		
<b>Dosage Form</b>	500mg tablet		
<b>Method of Use</b>	Take 1-2 tablets twice daily with water.		
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>		
<b>Specific Dietary/Lifestyle Advice</b>			
<b>Presentation</b>			
<b>Presentation</b>	60 tablets in an HDPE pot with foil seal		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		