

Maharishi AyurVeda - Public Information

UK Product Name MA3105 Gymnema/Horse Radish Tree complex **Code Name** MA3105
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Gymnema sylvestre (Retz) R.	Gymnema	leaf	1	30.92	154.6
Moringa oleifera Lam.	Horse Radish Tree	bark	2	30.92	154.6
Withania somnifera (L.) Dunal	Aswagandha	root	3	19.32	96.6
Pogostemon patchouli	Patchouli	leaf	4	15.46	77.3
Acacia nilotica subsp. toment	Gum Arabic	excipient	5	2.9	14.5
Oryza sativa Linn	Rice	Rice bran extract	6	0.48	2.4

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.

Side Effects and Interactions None known

Potential Allergens

Usage

Age Group All

Dosage Form 500mg tablet

Method of Use Take 2 tablets 2-3 times daily with water. Combine with Maharishi Amrit Kalash and MA256. May also be combined with MA631 and MA223.

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 HDPE pot with foil seal

Net Weight grams 60

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status Food Supplement