

Maharishi AyurVeda - Public Information

UK Product Name MA3323 Ash gourd/Amla complex paste **Code Name** MA3323
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	68.57	6,857.0
Aqua	Water		2	10.81	1,081.0
Benincasa hispida (Thunb.) C	Ash gourd	fruit flesh	3	12.86	1,286.0
Phyllanthus emblica L.	Amla	fruit flesh	4	4.29	429.0
Syzygium aromaticum (Linn.)	Clove	flower bud	5	0.47	47.0
Myristica fragrans Houtt.	Nutmeg	kernel	5	0.47	47.0
Myristica fragrans Houtt	Mace	aril	5	0.47	47.0
Mesua ferrea L.	Cobra's Saffron	flower	5	0.47	47.0
Elettaria cardamomum (Linn)	Cardamom	fruit	5	0.47	47.0
Cinnamomum verum J. Presl	Cinnamon verum	bark	5	0.47	47.0
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	5	0.47	47.0
Crocus sativus Linn.	Saffron	stigma&style	12	0.18	18.0

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 paste
Method of Use Take 1-2 slightly rounded teaspoons (10 - 20 grams) with warm milk or water 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 600 grams in an clear glass jar with plastic lid
Net Weight grams 600
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Food Supplement