

Maharishi AyurVeda - Public Information

UK Product Name	Invigorating paste (MA3325)	Code Name	MA3325
Availability	Stock item in UK		
Description	A rasayana for energy that supports absorption of food and helps relaxation.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10g)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	50.53	303.2
Vitis vinifera Linn.	Grape	dry fruit	2	25.28	151.7
Aqua	Water		3	13.06	78.4
Cow ghee (clarified butter)	Clarified butter		4	7.58	45.5
Syzygium aromaticum (Linn.)	Clove	flower bud	5	0.38	2.3
Myristica fragrans Houtt	Mace	aril	5	0.38	2.3
Myristica fragrans Houtt.	Nutmeg	seed	5	0.38	2.3
Mesua ferrea L.	Cobra's Saffron	stamen	5	0.38	2.3
Lotus gebelia Vent	Lotus arabicus	seed	5	0.38	2.3
Elettaria cardamomum (Linn)	Cardamom	fruit	5	0.38	2.3
Cinnamomum verum J. Presl	Cinnamon verum	bark	5	0.38	2.3
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	5	0.38	2.3
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	5	0.38	2.3
Crocus sativus Linn.	Saffron	stigma&style	14	0.1	0.6

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 Milk product - Clarified butter

Usage

Age Group	Adolescents and adults.
Dosage Form	paste
Method of Use	Take 1-2 slightly rounded teaspoons (10 - 20 grams) with milk or water twice daily. Use a dry spoon.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

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