

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Throat Soothe syrup (MA3357)	<b>Code Name</b>	MA3357
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Helps support the health of throat & chest Soothes the upper respiratory tract. Helps maintain immunity to infections Supports cleansing of impurities from respiratory system Balances phlegm production		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/5ml)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	65.5	4,355.8
Aqua	Water		2	31	2,061.5
Pistacia integerrima Stew. ex	Galls	gall	4	0.8	53.2
Piper longum Linn.	Long Pepper	fruit	5	0.53	35.2
Glycyrrhiza glabra Linn.	Liquorice	root	6	0.33	21.9
Abies spectabilis(D. Don) Mir	Silver Fir	leaf	7	0.27	18.0
Myrica nagi Thunb.	Box Myrtle	bark	7	0.27	18.0
Zingiber officinale Rosc.	Ginger	rhizome	9	0.23	15.3
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant	10	0.21	14.0
Achyranthes aspera L.	Prickly Chaff Flower	whole plant	11	0.19	12.6
Ocimum sanctum Linn.	Holy Basil	leaf	12	0.16	10.6
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	13	0.11	7.3
Cinnamomum verum J. Presl	Cinnamon verum	bark	13	0.11	7.3
Justicia adhatoda L.	Malabar Nut	root	13	0.11	7.3
Mentha x piperita L.	Peppermint	leaf	16	0.04	2.7
Cinnamomum camphora (L.)	Camphor	distillate of whol	17	0.03	2.0
Sodium benzoate	Sodium benzoate	excipient, preser	18	0.02	1.3

<b>Contraindications/Precautions</b>	None
<b>Over dose and its Management</b>	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.

<b>Side Effects and Interactions</b>	None known
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## Potential Allergens

## Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	syrup
<b>Method of Use</b>	Take 1-2 teaspoons (5-10 ml) 2-3 times daily. For quick results take with warm water. (If the desired result is not achieved within one week consult your health advisor).
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	Prefer old rice, red rice, horsegram, whole wheat bread, barley, coffee, brinjal, hot milk. Avoid suppression of natural urges, heavy exercise, travel, dust, smoking, excess sun, mustard oil, fish, donation of blood, mental & physical strain.

## Presentation

<b>Presentation</b>	200ml in an amber glass or PET bottle with metal or plastic t/e cap.
<b>Net Weight grams</b>	266
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	36

<b>Regulatory Status</b>	Food Supplement
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