

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Study Power syrup (MA3674)	<b>Code Name</b>	MA3674
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>Supports mental activity for students of all ages. Supports growth, intelligence and vitality.</p> <p>It's such an advantage you may feel guilty Exams? Job training? Research shows that this particular herbal compound helps your mind function at its best. It is especially supports learning new information and will also help you remember and apply what you've learned. The formula includes Indian Valerian, which will help relax the mind so you can focus.</p> <p>The Study Power syrup formula helps maintain innate potential to learn new information, ability to focus, feelings of confidence and happiness. It helps the growth of higher consciousness and full mental potential, enhances the body's inner intelligence or know-how, for overall health and vitality.</p> <p>Herbal Masterpiece</p> <p>The herbs in all of the recommended formulas 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.</p> <p>·Study Power syrup is a medhya rasayana - "that which is good for the intellect." ·Ayurvedic texts praise Indian Pennywort as an excellent brain food that nourishes full mental potential. ·Indian Valerian helps calm and relax the mind to increase focus.</p>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/10ml)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	66.95	8,904.4
Aqua	Water		2	27.55	3,664.2
Asparagus racemosus Willd.	Indian asparagus	tuberous root	3	1.19	158.3
Centella asiatica (L.) Urb	Indian Pennywort	whole plant	4	0.75	99.8
Valeriana wallichii DC.	Indian Valerian	rhizome	5	0.6	79.8
Bacopa monnieri (L.) Wettst.	Jal Brahmi	whole plant	5	0.6	79.8
Butea monosperma (Lam.) K	Flame of the Forest	seed	7	0.54	71.8
Withania somnifera (L.) Dunal	Aswagandha	root	8	0.45	59.9
Foeniculum vulgare ssp capill	Bitter fennel	seed	8	0.45	59.9
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	10	0.36	47.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	11	0.33	43.9
Citric acidum	Citric acid		12	0.1	13.3
Elettaria cardamomum (Linn)	Cardamom	fruit	13	0.08	10.6
Sodium benzoate	Sodium benzoate		14	0.05	6.7

<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
<b>Potential Allergens</b>	
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	syrup
<b>Method of Use</b>	Shake well. Take twice daily after meals. Adults: 2-3 teaspoons (10-15ml); children 1 year +: 1-2 teaspoons.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	

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<b>Presentation</b>			
<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		