

Maharishi AyurVeda - Public Information

UK Product Name MA3697 Guggul/Mountain Ebony complex **Code Name** MA3697
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. ex	Guggul	exudate	1	47.17	235.9
Bauhinia variegata L.	Mountain Ebony	bark	2	22.74	113.7
Phyllanthus emblica L.	Amla	fruit rind	3	4.55	22.8
Terminalia chebula Retz.	Haritaki	fruit rind	3	4.55	22.8
Terminalia belerica Roxb.	Bibhitaki	fruit rind	3	4.55	22.8
Crataeva nurvala Buch.- Ham	Three-leaved Caper	bark	6	2.27	11.4
Piper nigrum Linn.	Black Pepper	fruit	6	2.27	11.4
Zingiber officinale Rosc.	Ginger	rhizome	6	2.27	11.4
Piper longum Linn.	Long Pepper	fruit	6	2.27	11.4
Elettaria cardamomum (Linn)	Cardamom	fruit	10	0.57	2.9
Cinnamomum verum J. Presl	Cinnamon verum	bark	10	0.57	2.9
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	10	0.57	2.9
Magnesium stearate	Magnesium stearate	excipient	13	1.89	9.5
Maize starch	Maize starch	excipient	13	1.89	9.5
Acacia nilotica subsp. toment	Gum Arabic	excipient	15	0.94	4.7
Nu-flow	Nu-flow	excipient:lubrica	15	0.94	4.7

Contraindications/Precautions Long term use not recommended during pregnancy unless advised by your health advisor .

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 1-2 tablets twice daily with warm water or warm milk.
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 30
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 60

Regulatory Status Food Supplement