

# Maharishi AyurVeda - Public Information

**UK Product Name** Joint Soothe tablets (MA4572) **Code Name** MA4572

**Availability** Stock item in UK

**Description** Helps maintain clear, cool joints and muscle comfort.

## Healthy Joints and Muscles

Ayurveda identifies two major types of joint problems. The first type is associated with poorly nourished joints or low bone density and overall weakness in the joints. Because the bone is not getting the nourishment it needs, it starts to degenerate.

The second kind is associated with accumulation of toxins in the joints. As ama (the sticky, toxic waste-product of incomplete digestion) accumulates in the joint, it first creates stiffness and heaviness. If it stays there for a long time, the joint can become swollen and painful. Damp, cold weather can aggravate this type of joint problem.

Joint Soothe tablets are designed to support healthy joint function and help keep them free of accumulated toxins. The herbs Guggul and Tinospora in combination help cleanse fat tissue, bones and joints. Shilajit, Aswagandha and Indian Asparagus provide long-term bone and joint nourishment, while Aswagandha, Indian Asparagus and Ajowain support joint mobility.

## Improve These Ayurvedic Factors

This formula:

- Supports the natural detoxification processes with Guggul, Tinospora, Coriander, Long Pepper and Black Pepper.

- Supports the body's ability to keep joints free of inflammation with the combination of Guggul, Garlic, Ginger and Long Pepper.

- Nurtures the joints due to the presence of Aswagandha, Indian Asparagus and Tinospora.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Balsamodendron mukul	Indian bedellium	Exudate	1	28.89	144.5
Allium sativum Linn.	Garlic	Bulb	2	14.44	72.2
Asphaltum	Shilajit		3	14.44	72.2
Withania somnifera (L.) Dunal	Aswagandha	Root	4	8.67	43.4
Pluchea lanceolata Oliver & H	Indian Groundsel	Leaf extract	5	7.79	39.0
Pluchea lanceolata Oliver & H	Indian Groundsel	Leaf	6	3.61	18.1
Zingiber officinale Rosc.	Ginger	Rhizome	6	3.61	18.1
Piper nigrum Linn.	Black Pepper	Fruit	8	1.44	7.2
Argyreia nervosa (Burm. f.) B	Elephant Creeper	Root	8	1.44	7.2
Trachyspermum ammi (Linn.	Ajowain	Fruit	8	1.44	7.2
Plumbago zeylanica Linn.	White Leadwort	Root	8	1.44	7.2
Butea monosperma (Lam.) K	Bengal Kino	Seed	8	1.44	7.2
Piper longum Linn.	Long Pepper	Fruit	8	1.44	7.2
Terminalia chebula Retz.	Haritaki	Fruit rind extract	9	0.28	1.4
Asparagus racemosus Willd.	Indian asparagus	Root extract	10	0.27	1.4
Cassia fistula L.	Indian Laburnum	Fruit pulp extract	11	0.23	1.2
Piper longum Linn.	Long Pepper	Fruit extract	12	0.22	1.1
Tribulus terrestris Linn.	Small Caltrops	Fruit extract	13	0.15	0.8
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem extract	14	0.13	0.7
Justicia adhatoda L.	Malabar Nut	Plant extract	15	0.13	0.7
Foeniculum vulgare Mill	Sweet Fennel	Fruit extract	16	0.09	0.5
Barleria prionitis Linn	Vajradanti	Plant extract	17	0.09	0.5
Solanum xanthocarpum Schr	Yellow-berried Nightshade	Plant extract	18	0.09	0.5
Withania somnifera (L.) Dunal	Aswagandha	Root extract	19	0.08	0.4
Cyperus rotundus Linn.	Nut grass	Tuberous root ex	20	0.08	0.4
Coriandrum sativum Linn.	Coriander	Fruit extract	21	0.07	0.4
Zingiber officinale Rosc.	Ginger	Rhizome extrac	22	0.07	0.4
Desmodium gangeticum (L).	Tik Trefoil	Plant extract	23	0.07	0.4
Argyreia nervosa (Burm. f.) B	Elephant Creeper	Root extract	24	0.06	0.3
Curcuma zedoaria(Christm)	Zedoary	Rhizome	25	0.06	0.3

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: map@maharishi.co.uk - Web: maharishi.co.uk

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Piper chaba Hunter	Java Long Pepper	Root extract	26	0.05	0.3
Fagonia cretica Linn.	Khorasan Thorn	Plant extract	27	0.05	0.3
Solanum indicum Linn.	Indian nightshade	Root extract	28	0.03	0.2
Cedrus deodara (Roxb.ex D.	Deodar	Heartwood extra	29	0.01	0.1
Maize starch	Maize starch	excipient	30	1.89	9.5
Rice bran extract	Rice bran extract	Excipient	30	1.89	9.5
Rice Hulls	Rice hulls	Excipient	30	1.89	9.5

**Contraindications/Precautions** Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy. May occasionally loosen the bowels Do not use during diarrhoea.

**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 2 tablets twice daily with warm water on an empty stomach about 30 minutes before meals.  
**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** Related Health Tips  
·Eat sweet, juicy fruits daily.  
·Adjust your diet to reduce raw foods, including salads.  
·Reduce heavy foods such as dairy products and meat—they can contribute to a buildup of toxins around the joints.  
·Use ginger and cumin when you cook—they stimulate the metabolism for healthy joints.  
·Don't skip meals.  
·Avoid hot, spicy foods and hot drinks.  
·Eat stewed apples cooked with cloves in early morning.

## Presentation

**Presentation** 60 tablets in an amber PET bottle with t/e lid  
**Net Weight grams** 30  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 60

**Regulatory Status** Food Supplement