

# Maharishi AyurVeda - Public Information

**UK Product Name** MA5174 Banana plant/Liquorice formula **Code Name** MA5174  
**Availability** Stock item in UK

## Description

## Ingredients

| Botanical Name                | Common Name  | Plant Part        | Rank | %     | Quantity(mg/500mg) |
|-------------------------------|--------------|-------------------|------|-------|--------------------|
| Phyllanthus emblica L.        | Amla         |                   | 0    | 24.39 | 122.0              |
| Musa x paradisiaca L.         | Banana plant | ash of whole pla  | 1    | 48.78 | 243.9              |
| Glycyrrhiza glabra Linn.      | Liquorice    | root              | 2    | 24.39 | 122.0              |
| Acacia nilotica subsp. toment | Gum Arabic   | excipient         | 5    | 1.95  | 9.8                |
| Talcum                        | Talc         | excipient:lubrica | 6    | 0.49  | 2.5                |

**Contraindications/Precautions** None

**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** Adult and elderly

**Dosage Form** 500mg tablet

**Method of Use** Take 2-3 tablets twice daily with water

**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** 120 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)** 36

**Regulatory Status** Food Supplement