

Maharishi AyurVeda - Public Information

UK Product Name	Study Support tablets (MA5724)	Code Name	MA5724
Availability	Stock item in UK		
Description	Helps enliven the ability to absorb, retain and utilize knowledge. Supports the ability to assimilate and 'digest' knowledge.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(500mg)
Centella asiatica (L.) Urb	Indian Pennywort	Whole plant	1	15.3	76.5
Lavendula angustifolia L.	Lavender	Flower	2	11.46	57.3
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem	2	11.46	57.3
Valeriana wallichii DC.	Indian Valerian	Rhizome	3	7.64	38.2
Bacopa monieri	Brahmi	Whole plant	3	7.64	38.2
Asparagus racemosus Willd.	Indian asparagus	Root	3	7.64	38.2
Withania somnifera (L.) Dunal	Aswagandha	Root	3	7.64	38.2
Foeniculum vulgare Mill	Sweet Fennel	Fruit	3	7.64	38.2
Asparagus racemosus Willd.	Indian asparagus	Root extract	4	3.6	18.0
Centella asiatica (L.) Urb	Indian Pennywort	Whole plant	5	2.75	13.8
Nardostachys jatamansi DC.	Indian Spikenard	Root	6	2	10.0
Valeriana wallichii DC.	Indian Valerian	Rhizome extrac	7	1.83	9.2
Lavendula angustifolia L.	Lavender	Flower extract	8	1.61	8.1
Bacopa monieri	Brahmi	Whole Plant extr	9	1.53	7.7
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem extract	10	1.26	6.3
Foeniculum vulgare Mill	Sweet Fennel	Fruit extract	11	1.22	6.1
Withania somnifera (L.) Dunal	Aswagandha	Root extract	12	1.15	5.8
Nardostachys jatamansi DC.	Indian Spikenard	Root extract	13	0.1	0.5
Acacia arabica	Gum acacia	Excipient: Exuda	14	4.67	23.4
Rice Hulls	Rice hulls	Excipient	15	0.93	4.7
Rice bran extract	Rice bran extract	Excipient	15	0.93	4.7

Contraindications/Precautions None

Over dose and its Management

Side Effects and Interactions None

Potential Allergens None

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 2 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 PET pot
Net Weight grams	60
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status Food Supplement