

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Vital Woman tablets (MA5923)	<b>Code Name</b>	MA5923
<b>Availability</b>	Awaiting CITES export permits		

**Description**

For vitality and balance under stress

Generate more energy -- naturally.  
The demands of an active lifestyle can make it difficult to keep going, let alone excel. But don't sell yourself short. This dynamic herbal formula can help you surpass your expectations and realize your personal best. The 25 Ayurvedic herbs including Red Saunders, Lodha Tree and Ashoka Tree work synergistically for more vitality, inner strength, stability and balance in mind and body. For women of all ages.

## Herbal Masterpiece

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.

- Shilajit is 'Balya' - giving greater stamina and resistance to outside influences.
- Shilajit is also renowned for its ability to support youthfulness, physical stamina and to nourish the different types of body tissue.
- Prajasthapana herbs such as Ashoka Tree and Lodh Tree help balance hormonal flow, and support the reproductive system.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit		1	27.38	136.9
Pistacia integerrima Stew. ex	Galls	Oak gall	2	6.48	32.4
Pueraria tuberosa DC.	Indian Kudzu	Root	2	6.48	32.4
Pterocarpus santalinus Linn. f	Red Sanders	Heartwood	2	6.48	32.4
Cassia fistula L.	Indian Laburnum	Bark	2	6.48	32.4
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	Stem	3	4.02	20.1
Terminalia bellerica Roxb.	Bibhitaki	Fruit rind	4	3.51	17.6
Curcuma zedoaria(Christm)	Zedoary	Rhizome	5	3.2	16.0
Boswellia serrata Roxb.	Indian Frankincense	Exudate	5	3.2	16.0
Cynodon dactylon (Linn.) Per	Bermuda Grass	Root	5	3.2	16.0
Curcuma longa Linn.	Turmeric	Rhizome	5	3.2	16.0
Mangifera indica Linn.	Mango	Kernel	5	3.2	16.0
Pedaliium murex Linn.	Large Caltrops	Fruit	6	3.12	15.6
Phyllanthus emblica L.	Amla	Fruit rind	7	2.3	11.5
Asparagus racemosus Willd.	Indian asparagus	Root	8	2.15	10.8
Terminalia chebula Retz.	Haritaki	Fruit rind	9	1.79	9.0
Cinnamomum verum J. Presl	Cinnamon	Bark	10	1.64	8.2
Piper longum Linn.	Long Pepper	Fruit	10	1.64	8.2
Hordeum vulgare Linn.	Barley	Whole plant	10	1.64	8.2
Ferroso-ferric oxidum	Iron bhasma		10	1.64	8.2
Gossypium herbaceum	Cotton plant	seed	11	1.23	6.2
Moneteria moneta L	Cowry Shell	shell	12	0.82	4.1
Tribulus terrestris Linn.	Small Caltrops	Fruit extract	13	0.59	3.0
Aegle marmelos Corr.	Bael	bark extract	14	0.55	2.8
Phyllanthus niruri Linn.	Bhumiamla	whole plant extra	15	0.37	1.9
Berberis aristata DC	Indian Barberry	Stem extract	16	0.29	1.5
Nelumbo nucifera Gaertn.	Sacred Lotus	seed extract	17	0.25	1.3
Ficus religiosa Linn.	Peepul Tree	bark extract	17	0.25	1.3
Acacia arabica	Gum acacia	Excipient	40	0.97	4.9
Maize starch	Maize starch	Excipient	40	0.97	4.9
Oryza sativa Linn	Rice	Rice hulls	41	0.49	2.5
Oryza sativa Linn	Rice	Rice bran extract	41	0.49	2.5

**Contraindications/Precautions** None

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<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		
<b>Side Effects and Interactions</b>	None known		
<b>Potential Allergens</b>	Contains Shellfish shell- Cowry shell		
<b>Usage</b>			
<b>Age Group</b>	Adult		
<b>Dosage Form</b>	500mg tablet		
<b>Method of Use</b>			
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>		
<b>Specific Dietary/Lifestyle Advice</b>	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.		
<b>Presentation</b>			
<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	60		
<b>Regulatory Status</b>	Food Supplement		