

# Maharishi AyurVeda - Public Information

**UK Product Name** LiverCare syrup (MA5936) **Code Name** MA5936  
**Availability** Stock item in UK

**Description** Supports the balanced liver function that is essential for detoxification and overall health.

Liver Balance

According to Maharishi Ayurveda, the liver is governed by Ranjaka Pitta and is composed of five Bhuta Agnis (fires). The five agnis should not be too high, too low or uneven. The more balanced the agnis the more 'intelligent' blood that comes from the liver. In turn, intelligent blood supports physical and mental power, good oxygen flow and a good immune function.

Livercare tablets and the faster acting Livercare Syrup help keep all five agnis in balance, even if a person has an imbalance in Pitta or low agni (digestion). The combination of Boerhaavia and Gulancha Tinospora support the livers detoxificatory actions. The intense bitterness of Bhumiamla, Wormwood and Neem give great support to overall liver function.

Improve These Ayurvedic Factors

This formula:

- Supports the cleansing of the liver to flush out undigested impurities (ama) that can block the assimilation of nutrients.
- Clears channels for toxins to flow out.
- Supports balanced digestion by enhancing the five metabolic functions of the liver (Bhuta Agni).
- Maintains the intelligence of the liver for the production of healthy blood cells (Ranjaka Pitta), bile and nutritional fluids.
- Helps the first step of digestion and metabolism (Jathar Agni) which breaks down food.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/5ml)
Sodium benzoate	Sodium benzoate		0	0.2	0.4
Aqua	Water	Purified	0	29.71	59.4
Aloe barbadensis extract	Aloe extract	Leaf juice	0	0.92	1.8
Terminalia chebula Retz.	Haritaki	Fruit rind	0	0.64	1.3
Picrorrhiza kurroa Royle ex B	Katuki	Root extract	0	0.36	0.7
Tribulus terrestris Linn.	Small Caltrops	Fruit	0	0.34	0.7
Saccharum officinarum Linn	Sugar Cane		0	65.79	131.6
Phyllanthus niruri Linn.	Bhumiamla	whole plant extra	0	0.26	0.5
Berberis aristata DC	Indian Barberry	Stem extract	0	0.12	0.2
Ocimum sanctum Linn.	Holy Basil	Whole plant extr	0	0.2	0.4
Zingiber officinale Rosc.	Ginger	Rhizome rxttract	0	0.17	0.3
Artemesia absinthium L.	Wormwood	Whole plant extr	0	0.17	0.3
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem extract	0	0.14	0.3
Andrographis paniculata (Bur	Kalmegh	Whole plant extr	0	0.13	0.3
Curcuma longa Linn.	Turmeric	Rhizome extrac	0	0.12	0.2
Gymnema sylvestre (Retz) R.	Gymnema	Leaf extract	0	0.3	0.6

**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**

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## Usage

**Age Group** All  
**Dosage Form** liquid  
**Method of Use** Take 1-2 teaspoons (5-10ml) before meals initially 3 times daily and after 7 days twice daily.  
**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** It is important to favour proteinous foods and reduce fats and alcohol.

### Related Health Tips.

- Avoid cigarette smoke, alcohol, drugs, chemicals, pollution, etc. as much as possible.
- Avoid preservatives and leftovers that make the liver work even harder to filter them from reaching the blood.
- Don't skip or delay meals.
- Drink plenty of water for hydration and flushing out of toxins.
- Avoid hot, spicy foods and hot drinks.
- Eat sweet, juicy fruits daily
- The Herbal Di-Gest formula improves overall digestion.
- Eat stewed apples with cloves in the morning for breakfast.

## Presentation

**Presentation** 200ml in an amber glass or PET bottle with metal or plastic t/e cap.  
**Net Weight grams** 266  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement