

Maharishi AyurVeda - Public Information

UK Product Name Amlaberry (MA7001) **Code Name** MA7001
Availability Stock item in UK

Description Supports muscular development, rejuvenation, mind-body coordination, eye function, digestion and skin hydration.
Processing the fruit of the Amla with its own juice in a 21 step process enhance its benefits including its muscle building action that is useful for all types of athletes. Amla is unusual in that it stimulates digestion without increasing acidity. Amlaberry nourishes the skin cells and helps increase their moisture levels, reducing the signs of ageing.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Phyllanthus emblica L.	Amla	Organic Fruit	1	48.5	242.5
Phyllanthus emblica L.	Amla	Organic fruit rind	1	48.5	242.5
Tapoica starch	Tapioca starch	Organic excipien	2	2	10.0
Rice Hulls	Rice hulls	excipient	3	1	5.0

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 All
Dosage Form 500mg tablet
Method of Use Take 1-2 tablets twice daily 30 minutes before meals with warm milk or 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 To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

Presentation

Presentation 120 tablets in an amber PET pot with T/E lid
Net Weight grams 60
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Food Supplement