

# Maharishi AyurVeda - Public Information

**UK Product Name** Organic Amlaberry **Code Name** MA7001  
**Availability** (MA7001) 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	juice of fruit	1	48.08	240.4
Phyllanthus emblica L.	Amla	fruit rind	1	48.08	240.4
Starch tapioca	Starch tapioca	excipient	3	1.92	9.6
Silicon dioxide	Silicon dioxide	Anticaking agent	4	0.96	4.8

**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** 100 tablets in an amber PET pot with T/E lid  
**Net Weight grams** 50  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement