

# Maharishi AyurVeda - Public Information

**UK Product Name** Organic Shatavari **Code Name** MA7949  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tapioca starch	Tapioca starch	organic excipient	0	5	25.0
Asparagus racemosus Willd.	Indian asparagus	Organic root	0	95	475.0

## Contraindications/Precautions

## Over dose and its Management

**Side Effects and Interactions** None known

## Potential Allergens

## Usage

**Age Group** All  
**Dosage Form** 500mg tablet  
**Method of Use** One tablet three time 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** 60 tablets in an amber PET pot with t/e lid  
**Net Weight grams** 30  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement