

# Maharishi AyurVeda - Public Information

**UK Product Name** MADK1 Red Sanders/Haritaki complex **Code Name** MADK001  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	1	39.21	196.1
Terminalia chebula Retz.	Haritaki	fruit rind extract	2	13.58	67.9
Terminalia bellerica Roxb.	Bibhitaki	fruit rind extract	3	13.31	66.6
Rubia cordifolia Linn.	Indian Madder	root extract	4	11.64	58.2
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root extract	5	4.16	20.8
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	6	3.32	16.6
Tinospora cordifolia (Willd.) H	Gulanchar Tinospora	stem extract	7	3.05	15.3
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root extract	8	2.77	13.9
Curcuma longa Linn.	Turmeric	rhizome extract	9	2.49	12.5
Berberis aristata DC	Indian Barberry	bark extract	10	2.22	11.1
Santalum album Linn.	White sandalwood	heartwood extra	11	0.83	4.2
Pterocarpus santalinus Linn. f	Red Sanders	heartwood extra	12	0.41	2.1
Maize starch	Maize starch	excipient	13	1.99	10.0
Magnesium stearate	Magnesium stearate	excipient	14	0.5	2.5
Talcum	Talc	excipient:lubrica	14	0.5	2.5

**Contraindications/Precautions** Not recommended in cases of peptic ulcer, nausea and vomiting.  
**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 with water on an empty stomach. May be taken with something sweet to cover the bitter taste.  
**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** Favour light diet, old rice, ghee, honey, milk. Avoid canned food, root vegetables, oily & spicy foods, beans, excess citrus, brinjal.

## Presentation

**Presentation** 60 tablets in an HDPE pot with foil seal.  
**Net Weight grams** 30  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement