

Maharishi AyurVeda - Public Information

UK Product Name MADK3 Aswagandha/Eclipta complex **Code Name** MADK003
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	30.69	153.5
Eclipta prostrata (L.) L.	Trailing Eclipta	whole plant	2	15.34	76.7
Withania somnifera (L.) Dunal	Aswagandha	root extract	3	14.32	71.6
Ocimum sanctum Linn.	Holy Basil	leaf	3	14.32	71.6
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	5	11.25	56.3
Phyllanthus niruri Linn.	Bhumi-amla	whole plant	6	10.23	51.2
Acacia nilotica subsp. toment	Gum Arabic	excipient	7	2.88	14.4
Talcum	Talc	excipient:lubrica	8	0.96	4.8

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 use of ginger, cumin fried in ghee, sip boiled water warm throughout the day. Avoid cold and canned foods, day sleep.

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