

Maharishi AyurVeda - Public Information

UK Product Name	MADT13 Tinospora/Triphala complex	Code Name	MADT013
Availability	Stock item in UK		

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	1	30.61	153.1
Terminalia chebula Retz.	Haritaki	fruit rind	2	15.31	76.6
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	2	15.63	78.2
Phyllanthus emblica L.	Amla	fruit rind	2	15.63	78.2
Commiphora mukul (Hook. ex	Guggul	exudate	2	15.63	78.2
Zingiber officinale Rosc.	Ginger	rhizome	6	0.96	4.8
Piper nigrum Linn.	Black Pepper	fruit	6	0.96	4.8
Piper longum Linn.	Long Pepper		6	0.96	4.8
Operculina turpethum (L) Silv	White turpeth	root	6	0.96	4.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	10	1.92	9.6
Talcum	Talc	excipient:lubrica	11	0.96	4.8
Magnesium stearate	Magnesium stearate	excipient	12	0.47	2.4

Contraindications/Precautions

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 tablet twice daily after breakfast and the evening meal followed by milk. Swallow the tablet whole; do not chew.
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	Do not eat chillies and other spicy foods.

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