

# Maharishi AyurVeda - Public Information

**UK Product Name** Chirayata Powder **Code Name** MA0973  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(1g)
Swertia chirata Buch.-Ham.	Chiretta	Whole plant	1	100	50.0

Contraindications/Precautions

Over dose and its Management

Side Effects and Interactions

Potential Allergens

## Usage

Age Group

Dosage Form

Powder

Method of Use

Take 1g twice daily after meals

How Long to Continue Use?

Specific Dietary/Lifestyle Advice

## Presentation

Presentation

PET

Net Weight grams

50

Storage

Shelf Life (months)

24

Regulatory Status

Food Supplement