

Maharishi AyurVeda - Public Information

UK Product Name	Peace at Night tablets (MA107)	Code Name	MA0107
Availability	Stock item in UK		
Description	Supports natural sleep. Soothes the mind and senses. Enhances coordination between, mind, body and senses.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	35.14	175.7
Piper longum Linn.	Long Pepper	root	1	35.14	175.7
Tinospora cordifolia (Willd.) H	Gulantha Tinospora	stem	3	8.78	43.9
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	3	8.78	43.9
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	3	8.78	43.9
Acacia nilotica subsp. toment	Gum Arabic	Excipient:binder	6	2.9	14.5
Oryza sativa Linn	Rice	Excipient:Extract	7	0.48	2.4

Contraindications/Precautions	Unsupervised combination with Peace of Mind (MA1401) is not recommended.
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
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Potential Allergens

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	2 tablets daily at bedtime with sweetened milk or 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	Go to bed before 10pm. Drink a glass of warm milk with Vata or Slumber Time Tea at bedtime. Take a warm bath before bed. Massage a little warm oil on top of head, and soles of feet. East your last meal early - 2-3 hours or more before bedtime.

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
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