

# Maharishi AyurVeda - Public Information

**UK Product Name** MA686 Aswagandha/Indian Asparagus complex **Code Name** MA0686  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	89.11	445.6
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	7.92	39.6
Acacia arabica	Gum acacia	Excipient:exudat	3	1.98	9.9
Oryza sativa Linn	Rice	Excipient:Extract	4	0.5	2.5
Oryza sativa Linn	Rice	Excipient:Hull co	4	0.5	2.5

**Contraindications/Precautions** None  
**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. For Pitta prakriti take with a little milk & ghee.  
**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**

## 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