

# Maharishi AyurVeda - Public Information

**UK Product Name** MA690 Cobra's Saffron/Bael fruit complex **Code Name** MA0690  
**Availability** Stock item in UK

## Description

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Rice Hulls	Rice hulls	excipient: conce	0	1.8	9.0
Rice bran extract	Rice bran extract	excipient	0	0.44	2.2
Mesua ferrea L.	Cobra's Saffron	flower	1	32	160.0
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	15.82	79.1
Aegle marmelos Corr.	Bael	fruit pulp	3	6.22	31.1
Foeniculum vulgare ssp capill	Bitter fennel	seed	3	6.22	31.1
Pimpinella anisum Linn.	Anise	fruit	3	6.22	31.1
Acacia nilotica subsp. toment	Gum Arabic	exudate	6	4.44	22.2
Salmalia malabarica Schott.	Silk Cotton Tree	exudate	7	3.2	16.0
Santalum album Linn.	White sandalwood	heartwood	7	3.2	16.0
Vetiveria zizanioides (Linn.) N	Vetivert	root	7	3.2	16.0
Hedychium spicatum Sm	Spiked Ginger Lily	rhizome	7	3.2	16.0
Elettaria cardamomum (Linn)	Cardamom	fruit	7	3.2	16.0
Coriandrum sativum Linn.	Coriander	seed	7	3.2	16.0
Rosa centifolia Linn.	Cabbage Rose	petal	7	3.2	16.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	14	4.44	22.2
Maize starch	Maize starch	excipient	14	4.44	22.2

**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 2-4 tablets twice daily.  
**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** Adopt a Pitta pacifying diet - avoid acid and spicy foods, tomatoes, cheese,

## 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