

Maharishi AyurVeda - Public Information

UK Product Name Radiant Skin tablets (MA926) **Code Name** MA0926

Availability Stock item in UK

Description For a glowing complexion

The ordinary approach to skin care is moisturizers and wrinkle creams. It is more important to nourish your skin cells from within. Radiant Skin tablets are a precise blend of 14 rare herbs that help purify the liver and blood, and support your body's ability to absorb nutrients. This helps improve the entire skin-building process. Radiant Skin includes concentrated, cold-pressed herbal extracts that maintain the value and power of the whole plant.

Balance these ayurvedic factors with Radiant Skin:
balanced liver function, pure blood cells and high quality nutrition for the skin;
skin temperature and glow;
digestive fire, moisture and suppleness of skin
less internal toxins (Amavisha) due to improper digestion (Ama) that can accumulate in the skin.

Tinospora is said to be the only herb that helps eliminate both Amavisha (internal impurities due to improper digestion or metabolism) and Garavisha (external toxins from environmental pollution and preservatives, colouring or other chemical additives in our food). It also has excellent properties as an immuno-modulator. Red Sanders balances Pitta in the skin (sensitivity) and help keep the skin clear. Neem is also a detoxifier, cleansing the body of toxins.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Picrorrhiza kurroa Royle ex B	Katuki	root extract	1	15.3	76.5
Tribulus terrestris Linn.	Small Calatrops	fruit	2	12.43	62.2
Glycyrrhiza glabra Linn.	Liquorice	root extract	3	10.52	52.6
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	3	10.52	52.6
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem extract	3	10.52	52.6
Cyperus rotundus Linn.	Nut grass	tuberous root	6	5.73	28.7
Berberis aristata DC	Indian Barberry	stem	7	4.79	24.0
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	7	4.79	24.0
Santalum album Linn.	White sandalwood	heartwood	9	2.87	14.4
Withania somnifera (L.) Dunal	Aswagandha	root	10	2.87	14.4
Ferroso-ferric oxidum	Iron bhasma		10	2.87	14.4
Swertia chirata Buch.-Ham.	Chiretta	whole plant extra	12	2.87	14.4
Azadirachta indica A. Juss.	Neem	bark extract	12	2.87	14.4
Cassia fistula L.	Indian Laburnum	fruit pulp extract	12	2.87	14.4
Rubia cordifolia Linn.	Indian Madder	root extract	12	2.87	14.4
Fossil coral	Fossil coral	stem	16	0.95	4.8
Hydroxypropyl methylcellulos	Hydroxypropyl methylcellulos	excipient: coatin	20	0.48	2.4
Acacia arabica	Gum acacia	excipient:Exudat	20	1.92	9.6
Rice bran extract	Rice bran extract	excipient:lubrica	20	0.48	2.4
Rice Hulls	Rice hulls	excipient	20	0.48	2.4

Contraindications/Precautions Do not take in conjunction with MA1000, Be Trim 1 & 2 (MA1006, MA1007), and Detox (MA1010)

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 For the first 15 days take 1 tablet with water twice daily after meals. Then increase to 1-2 tablets 3 times daily.

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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	Minimise intake of oily foods and citrus fruit. Taking fresh sweet fruits is useful.		

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)	60
Regulatory Status	Food Supplement