

Maharishi AyurVeda - Public Information

UK Product Name	Healthy Hair & Nails tablets (MA953)	Code Name	MA0953
Availability	Stock item in UK		
Description	Supports hair nutrition for silky hair and strong nails. Helps reduce greying and hair loss. Nutritional support for hair and nails Like every other aspect of long-lasting beauty, healthy hair and nails have their roots in proper nutrition. Excessively dry or brittle hair, split ends, and a flaky scalp are all signs of a nutritional imbalance. While a good shampoo and the right genes don't hurt, it's the nutrients you feed your hair that often determine whether it maintains its colour, strength and lustre over the years. The Healthy Hair & Nails herbal formula supports and balances the metabolic processes that govern hair and nail growth and health. It also helps resistance to stress, which can be damaging to hair. Includes Eclipta Alba called Bhingaraj – lord of the hair and Winter Cherry (Ashwagandha), a top flight adaptogen. .		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	19.13	95.7
Ocimum sanctum Linn.	Holy Basil	whole plant	1	19.13	95.7
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem	3	9.57	47.9
Sida cordifolia Linn.	Country Mallow	whole plant	3	9.57	47.9
Phyllanthus niruri Linn.	Bhumiamla	whole plant	3	9.57	47.9
Glycyrrhiza glabra Linn.	Liquorice	root	3	9.57	47.9
Eclipta prostata (L) L.	Trailing Eclipta	whole plant	3	9.57	47.9
Berberis aristata DC	Indian Barberry	stem	3	9.57	47.9
Acacia arabica	Gum acacia	excipient, binder	9	1.9	9.5
Oryza sativa Linn	Rice	excipient:Extract	10	0.47	2.4
Corn Starch - organic	Corn Starch - organic	excipient, binder	11	0.47	2.4
Hydroxypropyl methylcellulos	Hydroxypropyl methylcellulos		12	1.48	7.4

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 2-3 times daily with water
How Long to Continue Use?	Continue for at least three months. For further guidance see the General Information leaflet.
Specific Dietary/Lifestyle Advice	Favour green leafy vegetables.

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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