

# Maharishi AyurVeda - Public Information

**UK Product Name** MAK Nectar sugarless tablets (MA7) **Code Name** MA0007  
**Availability** Stock item in UK

**Description** For full spectrum super-anti-oxidant power. This is a sugar and ghee free version of Maharishi Amrit Nectar paste.  
 If you have a sugar intolerance, take this alternative to the traditional Amrit Nectar formula. It contains the same ingredients as the Nectar without the cane sugar, honey and clarified butter.

Amrit Nectar enlivens the body's inner intelligence at a very fundamental level and supports all the following factors:

- The three types of mental function; acquisition, retention, and recall.
- Metabolic transformations, digestion, the emotions and their effect on heart function.
- The mind, nervous system, respiration, circulation and elimination.
- Moisture balance, physical structure and strength.
- The sequential transformation of the seven tissues, one into the other —plasma, blood, muscle, fat, bone, bone marrow and reproductive fluid.
- The microcirculatory channels that transport nutrients and energy and can be blocked by improperly digested impurities.
- The production of ojas, the finest product of digestion and the master coordinator between consciousness, matter and immunity.
- The vitality and strength of the mind and body.

## Herbal Masterpiece

Amrit epitomizes the Ayurvedic principles of sanyoga -- precise combination -- and sanskar -- meticulous processing. Forty-four whole herbs and fruits are combined in precise proportions in this powerful formula to create synergy -- a whole that is more powerful than the sum of its parts. The ingredients read like an honour roll of revered Ayurvedic herbs -- Amla, Haritaki, Indian Asparagus, Aloeweed, Jal Brahmi etc. ... Amrit is still prepared using the age-old formula prescribed in the traditional texts and passed down by generations of Ayurvedic physicians. It takes 250 meticulous steps to prepare. Twenty-two pounds of raw ingredients are required to produce a single jar of the Amrit Nectar.

The herbs are slow-cooked to protect vital nutrients from high temperatures. This precise adherence to tradition and detail ensures that you get an authentic product of unparalleled quality.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Phyllanthus emblica L.	Amla	fruit rind	1	51	510.0
Terminalia chebula Retz.	Haritaki	fruit rind	2	25.5	255.0
Centella asiatica (L.) Urb	Indian Pennywort	whole plant	3	2.25	22.5
Glycyrrhiza glabra Linn.	Liquorice	root	4	2.2	22.0
Cinnamomum verum J. Presl	Cinnamon verum	bark	5	2	20.0
Elettaria cardamomum (Linn)	Cardamom	fruit	5	2	20.0
Cyperus rotundus Linn.	Nut grass	rhizome	6	1.65	16.5
Mesua ferrea L.	Cobra's Saffron	flower	6	1.65	16.5
Piper longum Linn.	Long Pepper	fruit	7	1.2	12.0
Santalum album Linn.	White sandalwood	heartwood	8	1	10.0
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	8	1	10.0
Curcuma longa Linn.	Turmeric	rhizome	8	1	10.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	8	1	10.0
Magnesium stearate	Magnesium stearate	excipient:lubrica	9	0.5	5.0
Maize starch	Maize starch	excipient:binder	9	0.5	5.0
Phaseolus trilobus Ait.	Wild Gram	whole plant extra	10	0.2	2.0
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	10	0.2	2.0
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root extract	10	0.2	2.0
Asparagus racemosus Willd.	Indian asparagus	root extract	10	0.2	2.0
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	10	0.2	2.0
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	10	0.2	2.0
Clerodendrum phlomoides Li	Agnimantha	whole plant extra	10	0.2	2.0

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Saccharum spontaneum Linn	Wild Sugar Cane	root extract	10	0.2	2.0
Uraria picta Linn.	Prisniparni	whole plant extra	10	0.2	2.0
Teramnus labialis Spreng.	Mashaparni	whole plant extra	10	0.2	2.0
Oroxylum indicum Vent.	Trumpet Tree	bark extract	10	0.2	2.0
Stereospermum suaveolens	Trumpet Flower	bark extract	10	0.2	2.0
Aegle marmelos Corr.	Bael	bark extract	10	0.2	2.0
Pueraria tuberosa DC.	Indian Kudzu	tuberous root ext	10	0.2	2.0
Pedaliium murex Linn.	Large Caltrops	fruit extract	10	0.2	2.0
Sida cordifolia Linn.	Country Mallow	whole plant extra	11	0.1	1.0
Eragrostis cynosuroides (L) S	Eragrostis cynosuroides	root extract	11	0.1	1.0
Saccharum officinarum Linn	Sugar Cane	root extract	11	0.1	1.0
Tribulus terrestris Linn.	Small Caltrops	fruit extract	11	0.1	1.0
Ipomoea cheirophylla O'Done	Giant Potato	tuberous root ext	11	0.1	1.0
Leptadenia reticulata (Retz.)	Jivanti	Whole plant extr	11	0.1	1.0
Gymnema sylvestre (Retz) R.	Gymnema	root extract	11	0.1	1.0

**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** 1000mg tablet  
**Method of Use** Take 1 tablet twice daily with a sip of water. Ideally take in conjunction with MAK Ambrosia tablets (MA5).  
**How Long to Continue Use?** May be taken continuously for maximum benefit.  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 60 tablets in an amber PET pot with T/E lid  
**Net Weight grams** 60  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Food Supplement