

Maharishi AyurVeda - Public Information

UK Product Name	MA222 Aswagandha/Indian Asparagus/Amla compl	Code Name	MA0222
Availability	Stock item in UK		
Description	MA222 calms the mind and emotions by balancing excess Vata, the movement principle, and by cooling Pitta, the heating principle. If you feel short-tempered when under pressure, it signals that Pitta is out of balance. MA222 is especially beneficial in balancing Pitta and settling turbulent thoughts and feelings. The main ingredients are Ashwagandha, Shatavari and Amla. Ashwagandha promotes rest and mental clarity. Shatavari is a powerful nutritive tonic and rejuvenative. Amla is remarkably high in Vitamin C and has a balancing effect on all three doshas (controlling principles of the body). Together they work synergistically to bring peace to fraught emotions and an over-excited mind		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	52.66	263.3
Asparagus racemosus Willd.	Indian asparagus	tuberous root	2	15.8	79.0
Phyllanthus emblica L.	Amla	fruit rind	3	10.53	52.7
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	4	5.27	26.4
Ipomoea digitate Linn	Giant Potato	tuberous root	4	5.27	26.4
Eclipta prostata (L) L.	Trailing Eclipta	whole plant	4	5.27	26.4
Acacia nilotica subsp. toment	Gum Arabic	excipient	7	4.74	23.7
Talcum	Talc	excipient:lubrica	8	0.47	2.4

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 twice daily with water preferably after meals.
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