

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	MA1596 Guggul/Turmeric complex	<b>Code Name</b>	MA1596
<b>Availability</b>	Stock item in UK		
<b>Description</b>			

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Commiphora mukul (Hook. ex	Guggul	exudate	1	19.42	97.1
Curcuma longa Linn.	Turmeric	rhizome	1	19.42	97.1
Rubia cordifolia Linn.	Indian Madder	root extract	3	5.83	29.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem extract	3	5.83	29.2
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root extract	3	5.83	29.2
Phyllanthus niruri Linn.	Bhumiamla	whole plant extra	3	5.83	29.2
Nyctanthes arborescens Linn.	Night Jasmine	leaf extract	3	5.83	29.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	8	4.85	24.3
Asphaltum	Shilajit	exudate	8	4.85	24.3
Phyllanthus emblica L.	Amla	fruit rind	10	3.88	19.4
Glycyrrhiza glabra Linn.	Liquorice	root	10	3.88	19.4
Terminalia chebula Retz.	Haritaki	fruit rind	10	3.88	19.4
Terminalia belerica Roxb.	Bibhitaki	fruit rind	10	3.88	19.4
Calcii carbonas	Calcium carbonate	excipient	14	1.94	9.7
Piper nigrum Linn.	Black Pepper	fruit	15	0.97	4.9
Zinc oxide	Zinc bhasma		15	0.97	4.9
Zingiber officinale Rosc.	Ginger	rhizome	15	0.97	4.9
Piper longum Linn.	Long Pepper	fruit	15	0.97	4.9
Talcum	Talc	excipient:lubrica	19	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient	19	0.49	2.5

<b>Contraindications/Precautions</b>	Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Potential Allergens</b>	

## Usage

<b>Age Group</b>	Adults
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1-2 tablets once or twice daily.
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>
<b>Specific Dietary/Lifestyle Advice</b>	Favour a fibre rich diet; drink warm water throughout the day; if you crave sweets eat plenty sweet juicy fruits; avoid citrus fruits and excess salt; season your food with turmeric, cumin, coriander, fennel, & clove; use ghee rather than any other oil in your diet; avoid leftovers & heavy foods such as red meat and deep-fried foods.

## Presentation

<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid
<b>Net Weight grams</b>	30
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	60

<b>Regulatory Status</b>	Food Supplement
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