

Maharishi AyurVeda - Public Information

UK Product Name	MA110 Aswagandha/Giant potato complex	Code Name	MA0110
Availability	Stock item in UK		
Description			

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	48.54	242.7
Ipomoea cheiropphylla O'Done	Giant Potato	tuberous root	2	20.8	104.0
Glycyrrhiza glabra Linn.	Liquorice	root	3	13.87	69.4
Asparagus adscendens Roxb	White Shatavari	tuberous root	3	13.87	69.4
Acacia nilotica subsp. toment	Gum Arabic	excipient:binder	5	1.94	9.7
Talcum	Talc	excipient:lubrica	6	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient:lubrica	6	0.49	2.5

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
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Potential Allergens

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 2 tablets twice daily with milk or water.
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
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