

Maharishi AyurVeda - Public Information

UK Product Name	Throat Ease pills (MA333)	Code Name	MA0333
Availability	Stock item in UK		
Description	Soothes throat, refreshes the breath and strengthens your voice These tasty, refreshing pills help remove impurities and maintain throat comfort.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/60mg)
Saccharum officinarum Linn.	Sugar Cane	juice of stem	1	32.28	19.4
Glycyrrhiza glabra Linn.	Liquorice	root extract	2	15.5	9.3
Myristica fragrans Houltt	Mace	aril	3	4.52	2.7
Syzygium aromaticum (Linn.)	Clove	flower bud	4	2.58	1.5
Elettaria cardamomum (Linn)	Cardamom	fruit	4	2.58	1.5
Cinnamomum camphora (L.)	Camphor	leaf oil	6	1.94	1.2
Zingiber officinale Rosc.	Ginger	rhizome	7	1.29	0.8
Piper nigrum Linn.	Black Pepper	fruit	7	1.29	0.8
Piper longum Linn.	Long Pepper	fruit	7	1.29	0.8
Mentha x piperita L.	Peppermint	leaf	7	1.29	0.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	11	1.29	0.8
Rice bran extract	Rice bran extract	excipient:	12	0.65	0.4
Saccharum officinarum Linn	Sugar Cane	Excipient: Coatin	13	33.34	20.0

Contraindications/Precautions Excess usage or use while fasting may cause mild to moderate stomach discomfort.

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	60mg pills
Method of Use	Chew 1-2 pills 3-6 times a day or as required up to a maximum of 24 pills/day. For gargle & mouthwash: dissolve 2-4 pills in 50ml lukewarm 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	About 85 pills in a HDPE dispenser.
Net Weight grams	5
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status Food Supplement