

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Glucostat (MA1407)	<b>Code Name</b>	MA1407
<b>Availability</b>	Discontinued		

**Description** Supports balanced sugar metabolism

Too many sweet, heavy foods, long-term stress and lack of exercise can contribute to an imbalance in sugar metabolism. The Glucostat herbal formula is a powerful combination of herbs that supports the body's natural ability to metabolise sugar.

NOTE: Not recommended if you have low blood-sugar.

The herbs in Glucostat help these Ayurvedic factors

- support digestion and assimilation of vital nutrients and processing of carbohydrates
- help rejuvenation of nerve cells in the legs
- help maintain healthy kidney function
- cleansing of impurities
- balance your blood chemistry
- support those functions that can be strained by poor sugar metabolism

Herbal Masterpiece

The herbs in Glucostat are combined in precise proportions and prepared in the traditional ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

·Ashwagandha is one of the foremost herbs for balancing Vata and improving nerve function.

·Spreading Hogweed (Punarnava) helps maintain good liver and kidney function.

·Punarnava means "that which can make one new again." It helps the body flush impurities for smooth operation of nephrons (kidney cells). It also supports the effect of Ashwagandha which support nerve function in the legs.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	1	19.09	190.9
Withania somnifera (L.) Dunal	Aswagandha	root	1	19.09	190.9
Aegle marmelos Corr.	Bael	leaf	2	15.65	156.5
Asphaltum	Shilajit	exudate	3	8.98	89.8
Syzygium cumini (L) Skeels	Java Plum	seed	3	8.98	89.8
Aegle marmelos Corr.	Bael	leaf extract	3	8.98	89.8
Terminalia arjuna W. & A.	Arjuna	bark	4	2.52	25.2
Azadirachta indica A. Juss.	Neem	leaf	5	2.25	22.5
Enicostema axillare subsp. litt	Indian Gentian	whole plant	5	2.25	22.5
Phyllanthus niruri Linn.	Bhumiamla	whole plant	5	2.25	22.5
Syzygium cumini (L) Skeels	Java Plum	leaf	5	2.25	22.5
Gymnema sylvestre (Retz) R.	Gymnema	leaf extract	7	0.88	8.8
Terminalia arjuna W. & A.	Arjuna	bark extract	8	0.53	5.3
Momordica chirantia L.	Bitter Gourd	fruit extract	9	0.38	3.8
Pterocarpus marsupium Roxb	Malabar Kino	wood extract	10	0.34	3.4
Symplocos racemosa Roxb.	Lodh Tree	bark extract	11	0.29	2.9
Dalbergia sissoo Roxb.ex DC	Rosewood	Leaf	12	0.27	2.7
Pongamia pinnata (linn.) Merr	Indian Beech	bark extract	13	0.15	1.5
Berberis aristata DC	Indian Barberry	stem extract	13	0.15	1.5
Tectona grandis Linn. f.	Teak	bark extract	14	0.13	1.3
Shorea robusta Gaertn. f.	Sal Tree	bark extract	15	0.11	1.1
Albizia lebbek (L) Benth.	East Indian Walnut	bark extract	15	0.11	1.1
Borassus flabellifera Linn.	Palmyra Palm	bark extract	15	0.11	1.1
Acacia polyacantha (Linn.f.)	Cutch Tree	bark extract	16	0.08	0.8
Santalum album Linn.	White sandalwood	wood extract	17	0.06	0.6
Betula utilis D. Don	Silver Birch	bark extract	18	0.03	0.3
Opadry nutrapure	Opadry nutrapure	excipient coating	30	0.99	9.9
Acacia arabica	Gum acacia	excipient	30	2.89	28.9
Rice bran extract	Rice bran extract	excipient:lubrica	30	0.48	4.8

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<b>Contraindications/Precautions</b>	Do not take on an empty stomach. Not recommended if you have low blood sugar.		
<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>			
<b>Usage</b>			
<b>Age Group</b>	All		
<b>Dosage Form</b>	1000mg tablet		
<b>Method of Use</b>	Take 1-2 tablets twice daily with warm water. Do not take on an empty stomach. Discontinued March 2018.		
<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>			
<b>Presentation</b>			
<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid.		
<b>Net Weight grams</b>	60		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		