

Maharishi AyurVeda - Public Information

UK Product Name	MAK Ambrosia tablets (MA5)	Code Name	MA0005
Availability	Stock item in UK		
Description	For full spectrum super-anti-oxidant power. Gives strength (bala) to mind and body. Boost mental potential and overall health Amrit Ambrosia is a rasayana of rasayanas. It is especially good for the mind, brain and nerves and promotes vitality and inner strength. Support these Ayurvedic Factors		

- The three types of mental function: acquisition, retention, and recall.
 - Metabolic transformations, digestion, the emotions and their effect on heart function.
 - The mind, nervous system, respiration, circulation and elimination.
 - Moisture balance, physical structure and strength.
 - The sequential transformation of the 7 tissues one into another — plasma, blood, muscle, fat, bone, bone marrow and reproductive fluid. .
 - The microcirculatory channels that transport nutrients and energy and can be blocked by improperly digested impurities.
 - The production of ojas - the finest product of digestion and the master coordinator between consciousness, matter and immunity.
 - The vitality and strength of the mind and body
 - .
- Herbal Masterpiece

Amrit epitomizes the Ayurvedic principles of sanyog -- precise combination -- and sanskar -- meticulous processing. Thirteen whole herbs and fruits are combined in precise proportions in this powerful formula to create synergy -- a whole that is more powerful than the sum of its parts. The ingredients read like an honour roll of revered Ayurvedic herbs -- Amla, Aswagandha, Tinospora, Indian Asparagus and Aloeweed, .. Amrit is still prepared using the age-old formula prescribed in the traditional texts and passed down by generations of Ayurvedic physicians.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	20	100.0
Ipomoea cheirophylla O'Done	Giant Potato	tuberous root	1	20	100.0
Glycyrrhiza glabra Linn.	Liquorice	root	1	20	100.0
Asparagus adscendens Roxb	White Shatavari	tuberous root	1	20	100.0
Vitex trifolia L.	Three-leaved Chaste Tree	leaf	5	2	10.0
Tinospora cordifolia (Willd.) H	Gulanha Tinospora	stem	5	2	10.0
Phyllanthus emblica L.	Amla	fruit rind	5	2	10.0
Curculigo orchioides Gaertn.	Black musale	tuberous root	5	2	10.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	5	2	10.0
Capparis decidua (Forssk.) E	Caper	bark extract	5	2	10.0
Asparagus racemosus Willd.	Indian asparagus	tuberous root	5	2	10.0
Argyreia nervosa (Burm. f.) B	Elephant Creeper	root	12	1	5.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	13	4	20.0
Talcum	Talc	excipient:lubrica	14	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient	14	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

Potential Allergens

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1 tablet twice daily preferably on an empty stomach. Chew or swallow whole with a sip of milk or water. Children up to 2 years - 1/4 adult dose; 2-4 years - 1/2 adult dose; 5 or more years - adult dose.

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How Long to Continue Use?	May be taken continuously for maximum benefit.		
Specific Dietary/Lifestyle Advice			

Presentation

Presentation	60 tablets in an amber PET pot with T/E lid
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36
Regulatory Status	Food Supplement