

Maharishi AyurVeda - Public Information

UK Product Name MA151 Aswagandha/Chaste Tree complex **Code Name** MA0151
Availability Stock item in UK

Description

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	46.01	230.1
Vitex negundo Linn.	Five-leaved Chaste Tree	root	2	27.6	138.0
Cyperus rotundus Linn.	Nut grass	tuberous root	3	23	115.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	4	2.9	14.5
Rice bran extract	Rice bran extract	excipient:	5	0.48	2.4

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 1-2 tablets twice daily with water half an hour after meals
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