

# Maharishi AyurVeda - Public Information

**UK Product Name** LiverCare tablets (MA579) **Code Name** MA0579  
**Availability** Stock item in UK

**Description** Supports the balanced liver function that is essential for detoxification and overall health.

Liver Balance™  
According to Maharishi Ayurveda, the liver is governed by Ranjaka Pitta and is composed of five Bhuta Agnis (fires). The five agnis should not be too high, too low or uneven. The more balanced the agnis the more 'intelligent' blood that comes from the liver. In turn, intelligent blood supports physical and mental power, good oxygen flow and a good immune function.

Livercare tablets and the faster acting Livercare Syrup help keep all five agnis in balance, even if a person has an imbalance in Pitta or low agni (digestion). The combination of Boerhaavia and Gulancha Tinospora support the livers detoxificatory actions. The intense bitterness of BhumiAmala, Wormwood and Neem give great support to overall liver function. .

Improve These Ayurvedic Factors  
This formula:  
·Supports the cleansing of the liver to flush out undigested impurities (ama) that can block the assimilation of nutrients.  
·Clears channels for toxins to flow out.  
·Supports balanced digestion by enhancing the five metabolic functions of the liver (Bhuta Agni).  
·Maintains the intelligence of the liver for the production of healthy blood cells (Ranjaka Pitta), bile and nutritional fluids.  
·Helps the first step of digestion and metabolism (Jathar Agni) which breaks down food.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	1	12.8	64.0
Terminalia chebula Retz.	Haritaki	fruit rind	2	6.4	32.0
Azadirachta indica A. Juss.	Neem	bark	2	6.4	32.0
Berberis aristata DC	Indian Barberry	root	2	6.4	32.0
Cedrus deodara (Roxb.ex D.	Deodar	heartwood	2	6.4	32.0
Crataeva nurvala Buch.- Ham	Three-leaved Caper	bark	2	6.4	32.0
Moringa oleifera Lam.	Drumstick Tree( Organic)	bark	2	6.4	32.0
Artemisia absinthium L.	Wormwood	whole plant	2	6.4	32.0
Tephrosia purpurea (Linn.) P	Wild Indigo	whole plant	2	6.4	32.0
Picrorrhiza kurroa Royle ex B	Katuki	root	2	6.4	32.0
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	2	6.4	32.0
Trichosanthes dioica Roxb.	Pointed Gourd	leaf	2	6.4	32.0
Zingiber officinale Rosc.	Ginger	rhizome	2	6.4	32.0
Phyllanthus niruri Linn.	BhumiAmala	whole plant	2	6.4	32.0
Acacia nilotica subsp. toment	Gum Arabic	excipient	15	3.51	17.6
Talcum	Talc	excipient:lubrica	16	0.35	1.8
Magnesium stearate	Magnesium stearate	excipient	16	0.35	1.8

**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 2-3 times daily with water before or after meals.  
**How Long to Continue Use?** As recommended in the General Information leaflet.

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<b>Availability</b>	Stock item in UK		
<b>Specific Dietary/Lifestyle Advice</b>	Reduce smoking, alcohol, drugs, and pollution as much as possible. Eat fresh food. It is important to favour protein foods and reduce fats.		

## Presentation

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