

Maharishi AyurVeda - Public Information

UK Product Name	Iron Rich tablets (MA600)	Code Name	MA0600
Availability	Stock item in UK		
Description	Supports the body's ability to absorb iron. Each tablet contains 9mg of iron. 64% of RDA.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	22.01	110.1
Saccharum officinarum Linn.	Sugar Cane	juice of stem	2	12	60.0
Piper longum Linn.	Long Pepper	fruit	2	12	60.0
Glycyrrhiza glabra Linn.	Liquorice	root	2	12	60.0
Phoenix dactylifera Linn.	Date Palm	fruit	5	6	30.0
Elettaria cardamomum (Linn)	Cardamom	fruit	5	6	30.0
Phyllanthus emblica L.	Amla	fruit rind	5	6	30.0
Monetaria moneta L	Cowry Shell	shell bhasma	8	3	15.0
Ferroso-ferric oxidum	Iron bhasma		8	3	15.0
Phyllanthus niruri Linn.	Bhumiamla	whole plant	8	3	15.0
Cinnamomum tamala	Cassia lignea	leaf	8	3	15.0
Syzygium aromaticum (Linn.)	Clove	flower bud	8	3	15.0
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem	8	3	15.0
Mesua ferrea L.	Cobra's Saffron	flower	8	3	15.0
Eclipta prostrata (L) L.	Trailing Eclipta	whole plant	15	1.5	7.5
Acacia nilotica subsp. toment	Gum Arabic	excipient	16	0.98	4.9
Rice bran extract	Rice bran extract	excipient	16	0.49	2.5

Contraindications/Precautions	May cause mild gastric disturbance. If so reduce intake to 1 tablet twice daily. When you are taking an iron supplement your bowel movements will tend to be darker and harder so you should increase the amounts of fluids and roughage in your diet.
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	Moullusc - Cowry shell.

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1-2 tablets twice daily with water after meals. Eat plenty green vegetables. For best results combine with either Triphala with Rose or Herbal Cleanse every other night.
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	Eat plenty foods rich in iron - green leafy vegetables, carrots, dates, whole grains and pomegranates. Eat at regular times. Avoid confrontation. Reduce spicy foods.

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)	60

Regulatory Status	Food Supplement
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