

# Maharishi AyurVeda

## AyurMultimineral

### Ayurvedically Prepared Minerals

A special combination of Ayurvedically prepared minerals – calcium, iron and \* zinc – together with herbs that support the absorption of these minerals.

Zinc contributes to normal DNA synthesis, normal fertility and reproduction, normal metabolism of fatty acids, normal protein synthesis, healthy bones, hair, skin and nails, normal vision, and normal testosterone levels in the blood. Zinc helps protect cells from oxidative stress.

### Product Code: 90922

### Directions:

Dose for adults: 2 tablets 2-3 x per day with water or milk after meals. With 4/6 tablets a day, the daily dose contains calcium 78/117 mg (10/15% of RI\*), 9/14 mg iron (63/100% of RI\*), 6,4/9,6 mg zinc (64/96% of RI\*). \*= Reference Intake.

### General advice:

Do not exceed the stated recommended daily dose. Important: Food supplements should not be a substitute for a well-balanced, varied diet, and a healthy lifestyle. Store this product out of the reach of young children.

### Ingredients:

*The lowest/highest recommended daily dose (4/6 tablets) contains the following ingredients:*

- Hemidesmus Indicus 476/714mg
- Asparagus Racemosus (Shatavari) 186/280 mg
- Withania Somnifera (Ashwagandha) 186/280 mg
- Rubia Cordifolia 186/280 mg
- Emblica Officinalis (Amalaki) 186/280 mg
- Rosa Centifolia 93/140 mg
- Eclipta Alba 93/140 mg
- Tinospora Cordifolia (Guduchi) 93/140 mg
- Shilajit (Mumijo) 93/140 mg
- Glycyrrhiza Glabra (Liquorice) 71/106 mg
- Santalum Album (White Sandalwood) 56/84 mg
- Thickener Acacia Gum
- Corallium Rubrum (**Coral**) 37/56 mg
- Aqueous extract from Hemidesmus Indicus 22/33 mg
- Lubricant: Talcum
- Creta Gallica 18/27 mg
- Agate 18/27 mg
- Aqueous extract from Phyllanthus Niruri 18/27 mg
- Sida Cordifolia 18/27 mg
- Piper Longum (Pippali) 12/18 mg
- Piper Nigrum (Black Pepper) 12/18 mg
- Zingiber Officinale (Ginger) 12/18 mg

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[www.maharishi.co.uk](http://www.maharishi.co.uk)

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- **Pearl** 11/16 mg
- Zinc Oxide 11/16 mg \*
- Ayurvedic elemental Iron 9/14 mg
- Aqueous extract from Solanum Xnthocarpum 1/2 mg
- Solanum Indicum 1/2 mg
- Premna Integrifolia 1/2 mg
- Oroxylum Indicum 1/2 mg
- Desmodium Gangeticum 1/2 mg
- Uraria Picta 1/2 mg
- Aegle Marmelos 1/2 mg
- Gmelina Arborea 1/2 mg
- Stereospermum Suaveolens 1/2 mg
- Tribulus Terrestris 1/2 mg

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### **Contraindications/Precautions**

None.

### **Allergy advice: Contains**

**Mollusc** - Coral and Pearl.

### **Regulatory Status**

Food Supplement.