

Maharishi AyurVeda - Public Information

UK Product Name	Vital Woman tablets (MA923)	Code Name	MA0923
Availability	Awaiting CITES export permits		
Description	<p>For vitality and balance under stress</p> <p>Generate more energy -- naturally. The demands of an active lifestyle can make it difficult to keep going, let alone excel. But don't sell yourself short. This dynamic herbal formula can help you surpass your expectations and realize your personal best. The 25 Ayurvedic herbs including Red Saunders, Lodha Tree and Ashoka Tree work synergistically for more vitality, inner strength, stability and balance in mind and body. For women of all ages.</p> <p>Herbal Masterpiece</p> <p>The herbs in all of the recommended formulas are combined in precise proportions and prepared in the traditional Ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy -- the collective benefit is much greater than that of isolated, individual herbs.</p> <p>·Shilajit is 'Balya' - giving greater stamina and resistance to outside influences. ·Shilajit is also renowned for its ability to support youthfulness, physical stamina and to nourish the different types of body tissue. ·Prajasthapana herbs such as Ashoka Tree and Lodh Tree help balance hormonal flow, and support the reproductive system.</p>		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	24.66	123.3
Operculina turpethum	Turpeth root	root	2	5.8	29.0
Cedrus deodara (Roxb.ex D.	Deodar	Heartwood	2	5.8	29.0
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	2	5.8	29.0
Symplocos racemosa Roxb.	Lodh Tree	bark	2	5.8	29.0
Hibiscus rosa-sinensis Linn.	Shoe Flower	flower extract	3	4.17	20.9
Saraca asoca (Rosc.) W.J de	Asoka	bark	4	3.63	18.2
Oroxylum indicum Vent.	Trumpet Tree	bark extract	5	3.08	15.4
Eclipta prostrata (L) L.	Trailing Eclipta	whole plant	6	2.9	14.5
Mesua ferrea L.	Cobra's Saffron	flower	6	2.9	14.5
Saussurea lappa C. B. Clarke	Costus	root	6	2.9	14.5
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	6	2.9	14.5
Hedychium spicatum Sm	Spiked Ginger Lily	rhizome	6	2.9	14.5
Curcuma longa Linn.	Turmeric	rhizome	6	2.9	14.5
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	7	2.72	13.6
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	8	2.36	11.8
Uria picta Linn.	Prisniparni	whole plant	9	2.18	10.9
Premna integrifolia Linn.	Headache Tree	bark extract	10	1.81	9.1
Hordeum vulgare Linn.	Barley	whole plant	11	1.45	7.3
Ferroso-ferric oxidum	Iron bhasma		12	1.45	7.3
Solanum indicum Linn.	Indian nightshade	whole plant extra	12	1.45	7.3
Cinnamomum verum J. Presl	Cinnamon verum	bark	12	1.45	7.3
Piper longum Linn.	Long Pepper	fruit	12	1.45	7.3
Stereospermum suaveolens	Trumpet Flower	bark	13	1.27	6.4
Caesalpinia sappan .	Sappan wood	heartwood extra	14	1.09	5.5
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	14	1.09	5.5
Desmodium gangeticum (L).	Tik Trefoil	whole plant	14	1.09	5.5
Corn Starch - organic	Corn Starch - organic	excipient:binder	15	0.97	4.9
Acacia nilotica subsp. toment	Gum Arabic	excipient:binder	15	0.97	4.9
Corallium rubrum L.	Red coral	stem	16	0.72	3.6
Talcum	Talc	excipient:lubrica	17	0.49	2.5
Magnesium stearate	Magnesium stearate	excipient:lubrica	17	0.49	2.5
Aegle marmelos Corr.	Bael	bark extract	18	0.45	2.3

Contraindications/Precautions None

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: map@maharishi.co.uk - Web: maharishi.co.uk

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Availability	Awaiting CITES export permits		
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		
Side Effects and Interactions	None known		
Potential Allergens			
Usage			
Age Group	Adult		
Dosage Form	500mg tablet		
Method of Use	Take 1 tablet twice daily with milk or water.		
How Long to Continue Use?	As recommended in the General Information leaflet.		
Specific Dietary/Lifestyle Advice	To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.		
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		