

Maharishi AyurVeda - Public Information

UK Product Name	Vital Man tablets (MA924)	Code Name	MA0924
Availability	Stock item in UK		
Description	<p>For vitality, strength and energy</p> <p>Strengthen five key areas for greater energy and vitality Does a stressful routine leave you feeling worn out? By the end of the day, are you ready to collapse in front of the television? You actually have the innate ability to feel energetic and full of life all the time.</p> <p>This revitalizing formula helps balance, integrate and normalize the functioning of the whole body. It has County Mallow and other herbs that help the body to quickly replace dead cells with new ones for greater energy.</p> <p>The intelligence of the twenty-one herbs in Vital Man create synergy to help strengthen five crucial functions of a man's physiology:</p> <ul style="list-style-type: none"> ·mental performance ·emotions ·blood purification ·digestion ·reproductive fluids <p>This herbal compound is easy to assimilate and supports the natural resistance of the body to a stressful routine and environment. Men of all ages can experience the benefits of Vital Man.</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> <ul style="list-style-type: none"> ·Ashwagandha nourishes the nervous system and helps maintain calm in stressful situations. ·Indian asparagus, Black musale and Liquorice are Vrishya herbs. They increase Shukra, reproductive fluid, for inner vitality and a more attractive appearance. 		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Asphaltum	Shilajit	exudate	1	30.41	304.1
Mucuna pruriens (L.) DC.	Cowage	seed	2	14.34	143.4
Asparagus racemosus Willd.	Indian asparagus	tuberous root	3	4.17	41.7
Piper longum Linn.	Long Pepper	fruit	4	4	40.0
Withania somnifera (L.) Dunal	Aswagandha	root	4	4	40.0
Curculigo orchoides Gaertn.	Black musale	tuberous root	4	4	40.0
Glycyrrhiza glabra Linn.	Liquorice	root	4	4	40.0
Sphaeranthus indicus Linn.	Globe Thistle	whole plant	4	4	40.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	4	4	40.0
Sida cordifolia Linn.	Country Mallow	whole plant	4	4	40.0
Carum carvi L.	Caraway	fruit	12	2	20.0
Cinnamomum verum J. Presl	Cinnamon	bark	12	2	20.0
Mesua ferrea L.	Cobra's Saffron	flower	12	2	20.0
Pedaliium murex Linn.	Large Caltrops	fruit	12	2	20.0
Teramnus labialis Spreng.	Mashaparni	Whole plant	12	2	20.0
Oroxylum indicum Vent.	Trumpet Tree	bark extract	15	1.48	14.8
Solanum xanthocarpum Schr	Yellow-berried Nightshade	root extract	16	1.39	13.9
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	17	1.31	13.1
Tribulus terrestris Linn.	Small Caltrops	fruit extract	18	1.13	11.3
Uraria picta Linn.	Prisniparni	whole plant extra	19	1.04	10.4
Solanum indicum Linn.	Indian nightshade	root extract	20	0.69	6.9
Stereospermum suaveolens	Trumpet Flower	bark extract	21	0.6	6.0
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	22	0.52	5.2
Aegle marmelos Corr.	Bael	bark extract	23	0.22	2.2
Opadry nutrapure	Opadry nutrapure	Excipient: coatin	24	0.99	9.9

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Acacia nilotica subsp. toment	Gum Arabic	excipient	25	1.92	19.2
Rice bran extract	Rice bran extract	Excipient	25	0.47	4.7

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 Adult above 30 years
Dosage Form 1000mg tablet
Method of Use Take 1 tablet twice daily or two at bedtime with water or milk
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 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 60
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 36

Regulatory Status Food Supplement