

Maharishi AyurVeda - Public Information

UK Product Name	Menopause Support 1 tablets (MA938)	Code Name	MA0938
Availability	Stock item in UK		
Description	<p>An excellent general purpose preparation for a comfortable menopause. Comfort during menopause is largely determined by how balanced the body is leading up to menopause (perimenopause). For best results start taking it before perimenopausal changes start.</p> <p>Menopause made easy Midlife changes can happen gracefully, without discomfort. Symptoms such as mood swings, hot flashes and loss of bone density are related to imbalances in the body, caused by a build-up of digestive impurities. Our midlife formulas help maintain balance and support the functions related to menopause, make the transition smooth and easy. Menopause Support 1 helps the body both before and during menopause. Taken in advance, it prepares the body by supporting the efficient elimination of impurities.</p> <p>Herbal Masterpiece</p> <p>The herbs in the Menopause Support 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"> ·Dry Ginger and Pepper aid bioavailability. ·Lodha Tree and Sensitive Plant help nourish the uterus and help balance Apana Vata (the downward flow of energy), Ranjaka Pitta (healthy blood and liver function) and Bhrajaka Pitta (the skin). ·Arjuna helps balance the emotions. ·Amla nourishes all the tissues and helps the body absorb calcium effectively. 		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Vitis vinifera Linn.	Grape	Dried fruit	1	16.92	169.2
Phyllanthus emblica L.	Amla	Fruit rind	1	16.92	169.2
Zingiber officinale Rosc.	Ginger	Rhizome	2	5.67	56.7
Bergenia ciliata (Haw.) Sternb	Stone Crusher Plant	root	2	5.67	56.7
Holarrhena pubescens Wall e	Tellicherry Kurchi	Bark	2	5.67	56.7
Pterocarpus santalinus Linn. f	Red Sanders	Heartwood	2	5.67	56.7
Cassia alexandrina Mill.	Tinnevely Senna	Leaf	2	5.67	56.7
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	Root	2	5.67	56.7
Terminalia arjuna W. & A.	Arjuna	Bark	2	5.67	56.7
Piper nigrum Linn.	Black Pepper	fruit	2	5.67	56.7
Chaerophyllum reflexum var	Ateesh Meetha	Root	2	5.67	56.7
Symplocos racemosa Roxb.	Lodh Tree	Bark extract	3	3.94	39.4
Mimosa pudica L.	Sensitive Plant	Whole plant aqu	4	3.37	33.7
Glycyrrhiza glabra Linn.	Liquorice	Root aqueous ex	5	2.79	27.9
Cyperus rotundus Linn.	Nut grass	Root aqueous ex	6	1.16	11.6
Acacia arabica	Gum acacia	Excipient- exuda	8	1.92	19.2
Rice Hulls	Rice hulls	Excipient	8	0.48	4.8
Rice bran extract	Rice bran extract	Excipient	8	0.48	4.8
Opadry nutrapure	Opadry nutrapure	Excipient: coatin	9	0.99	9.9

Contraindications/Precautions	Not recommended in cases of intestinal obstruction and stenosis, atony, appendicitis, inflammatory colon disease (Crohn's, ulcerative colitis), abdominal pain of unknown origin, severe dehydration.
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 women in midlife
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Dosage Form	1000mg tablet		
Method of Use	Take 1-2 tablets 2-3 times daily with water.		
How Long to Continue Use?	May be continued after menopause..		
Specific Dietary/Lifestyle Advice			
Presentation			
Presentation	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		