

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Menopause Support 2 tablets (MA939)	<b>Code Name</b>	MA0939
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>For a comfortable menopause with stable emotions, circulation and temperature balance. Menopause Support 2 (MS2) is used to support the action of Menopause Support 1 (MS1). MS2 is particularly useful for balancing Pitta related factors such as temperature balance and blood flow.</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.</p> <p>Menopause Support 2 helps stabilise emotions, support circulation and moisture balance in the body. It helps to keep the channels in the body open so that temperature balance is easily maintained. Use it in conjunction with Menopause Support 1 during the time leading up to menopause (perimenopause).</p> <p>Herbal Masterpiece</p> <p>The herbs in both 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"><li>·Myrrh and Silk Cotton Tree help nourish the uterus. Mango Kernel, Silk Cotton Tree and Myrrh help balance and regulate uterine blood flow.</li><li>·Amla helps nourish all the tissues and enhances the bioavailability and absorption of calcium.</li></ul>		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Phyllanthus emblica L.	Amla	fruit rind	1	20.93	104.7
Commiphora myrrha (Nees),	Myrrh	exudate	1	20.93	104.7
Woodfordia fruticosa (Linn.)	Fire Flame Bush	flower	3	10.47	52.4
Salmalia malabarica Schott.	Silk Cotton Tree	exudate	3	10.47	52.4
Mesua ferrea L.	Cobra's Saffron	flower	3	10.47	52.4
Mangifera indica Linn.	Mango	kernel	3	10.47	52.4
Aegle marmelos Corr.	Bael	fruit pulp	7	4.68	23.4
Cissampelos pareira Linn.	Velvet Leaf	whole plant extra	8	3.85	19.3
Syzygium cumini (L) Skeels	Java Plum	seed extract	9	2.21	11.1
Glycyrrhiza glabra Linn.	Liquorice	root extract	10	1.65	8.3
Acacia arabica	Gum acacia	excipient, lubrica	12	1.92	9.6
Oryza sativa Linn	Rice	Excipient: Bran e	13	0.97	4.9
Opadry nutrapure	Opadry nutrapure	Coating	14	0.99	5.0

<b>Contraindications/Precautions</b>	May cause a little constipation - if so take 1 tablet of Herbal Cleanse at bedtime.
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known

## Potential Allergens

## Usage

<b>Age Group</b>	Adult
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1-2 tablets twice daily with water. Reduce to 1 tablet per day after 3 months. Make sure digestion and elimination are good.
<b>How Long to Continue Use?</b>	As recommended at <a href="http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products">http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products</a>
<b>Specific Dietary/Lifestyle Advice</b>	Maintain a regular routine. Daily warm oil massage is recommended. Eat fresh fruits especially strawberries and apples; and freshly cooked warm food.

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<b>Presentation</b>			
<b>Presentation</b>	60 tablets in an amber PET pot with t/e lid		
<b>Net Weight grams</b>	30		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	60		
<b>Regulatory Status</b>	Food Supplement		