

Maharishi AyurVeda - Public Information

UK Product Name	Regen Nerve tablets (MA1674)	Code Name	MA1674
Availability	Stock item in UK		
Description	Supports the nutrition and function of nerves.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	19.23	96.2
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	1	19.23	96.2
Centella asiatica (L.) Urban	Indian Pennywort	whole plant	2	15.38	76.9
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf	3	9.62	48.1
Bauhinia variegata L.	Mountain Ebony	bark	5	6.73	33.7
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	7	4.81	24.1
Glycyrrhiza glabra Linn.	Liquorice	root	8	3.85	19.3
Commiphora mukul (Hook. ex	Guggul	exudate	9	2.88	14.4
Boswellia serrata Roxb.	Indian Frankincense	exudate	9	2.88	14.4
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	Stem	9	2.88	14.4
Mimosa pudica L.	Sensitive Plant	whole plant extra	12	1.92	9.6
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	13	0.96	4.8
Piper longum Linn.	Long Pepper	fruit	14	0.77	3.9
Piper nigrum Linn.	Black Pepper	fruit	14	0.77	3.9
Zingiber officinale Rosc.	Ginger	rhizome	14	0.77	3.9
Zinc oxide	Zinc bhasma		17	0.58	2.9
Oroxylum indicum Vent.	Trumpet Tree	bark extract	18	0.46	2.3
Solanum indicum Linn.	Indian nightshade	whole plant extra	19	0.43	2.2
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	20	0.41	2.1
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	21	0.35	1.8
Uraria picta Linn.	Prisniparni	whole plant extra	22	0.32	1.6
Clerodendrum phlomoides Li	Agnimantha	whole plant	23	0.27	1.4
Solanum indicum Linn.	Indian nightshade	whole plant	24	0.22	1.1
Stereospermum suaveolens	Trumpet Flower	bark extract	25	0.19	1.0
Desmodium gangeticum (L).	Tik Trefoil	whole plant	26	0.16	0.8
Aegle marmelos Corr.	Bael	bark extract	27	0.07	0.4
Rice Hulls	Rice hulls		30	0.48	2.4
Acacia nilotica subsp. toment	Gum Arabic	excipient:binder	30	2.88	14.4
Rice bran extract	Rice bran extract	bran	30	0.48	2.4

Contraindications/Precautions

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 Mollusc - Black Lipped Oyster Pearl

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1-2 tablets 2-3 times daily with water
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

Presentation

Presentation	120 tablets in an amber PET bottle with t/e lid
Net Weight grams	60

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UK Product Name	Regen Nerve tablets (MA1674)	Code Name	MA1674
Availability	Stock item in UK		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		