

Maharishi AyurVeda - Public Information

UK Product Name	Blissful Sleep - Kapha (MA1682)	Code Name	MA1682
Availability	Stock item in UK		
Description	Helps yo feel refreshed after long sleep. Helps unwind stress and deep physical fatigue. Kapha balancing. Not habituating		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Withania somnifera (L.) Dunal	Aswagandha	root	1	15.4	154.0
Phyllanthus emblica L.	Amla	fruit rind	2	11.95	119.5
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	3	11.55	115.5
Rosa centifolia Linn.	Cabbage Rose	petal	4	9.85	98.5
Bacopa monnieri (L.) Wettst.	Jal Brahmi	whole plant	5	7.7	77.0
Valeriana wallichii DC.	Indian Valerian	rhizome	5	7.7	77.0
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	5	7.7	77.0
Sida cordifolia Linn.	Country Mallow	root	8	5.8	58.0
Glycyrrhiza glabra Linn.	Liquorice	root	9	1.95	19.5
Tinospora cordifolia (Willd.) H	Gulanchar Tinospora	stem starch	10	1.45	14.5
Syzygium aromaticum (Linn.)	Clove	flower bud	10	1.45	14.5
Elettaria cardamomum (Linn.)	Cardamom	fruit	12	1	10.0
Alpinia galanga (L.) Sw.	Greater Galangal	rhizome	12	1	10.0
Oroxylum indicum Vent.	Trumpet Tree	bark extract	14	0.79	7.9
Aegle marmelos Corr.	Bael	bark extract	14	0.79	7.9
Stereospermum suaveolens	Trumpet Flower	bark extract	14	0.79	7.9
Desmodium gangeticum (L.)	Tik Trefoil	whole plant extra	14	0.79	7.9
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	14	0.79	7.9
Solanum xanthocarpum Schreb	Yellow-berried Nightshade	whole plant extra	14	0.79	7.9
Premna integrifolia Linn.	Headache Tree	bark extract	14	0.79	7.9
Tribulus terrestris Linn.	Small Caltrops	whole plant extra	14	0.79	7.9
Uraria picta Linn.	Prisniparni	whole plant extra	14	0.79	7.9
Solanum indicum Linn.	Indian nightshade	whole plant extra	14	0.79	7.9
Piper nigrum Linn.	Black Pepper	fruit	24	0.64	6.4
Zingiber officinale Rosc.	Ginger	dry rhizome	24	0.64	6.4
Piper longum Linn.	Long Pepper	fruit	24	0.64	6.4
Myristica fragrans Houtt	Mace	aril	27	0.58	5.8
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	28	0.48	4.8
Biotite mica	Abhraka bhasma		28	0.48	4.8
Zinc oxide	Zinc bhasma		30	0.29	2.9
Acacia nilotica subsp. toment	Gum Arabic	excipient	31	3.35	33.5
Talcum	Talc	excipient:lubrica	32	0.48	4.8

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	1000mg tablet
Method of Use	Take 1 tablet daily 30 minutes before bedtime with water
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Maharishi AyurVeda - Public Information

UK Product Name	Blissful Sleep - Kapha (MA1682)	Code Name	MA1682
Availability	Stock item in UK		
Presentation			
Presentation	60 tablets in an amber PET bottle with t/e lid		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		