

# Maharishi AyurVeda - Public Information

|                        |                                                                                 |                  |        |
|------------------------|---------------------------------------------------------------------------------|------------------|--------|
| <b>UK Product Name</b> | Blissful Sleep - Vata (MA1683)                                                  | <b>Code Name</b> | MA1683 |
| <b>Availability</b>    | Stock item in UK                                                                |                  |        |
| <b>Description</b>     | Helps sleep come easily when you are on edge (Vata balancing). Not habituating. |                  |        |

## Ingredients

| Botanical Name                  | Common Name               | Plant Part        | Rank | %     | Quantity(mg/1000mg) |
|---------------------------------|---------------------------|-------------------|------|-------|---------------------|
| Rosa centifolia Linn.           | Cabbage Rose              | petal             | 1    | 26.28 | 262.8               |
| Convolvulus pluricaulis Choisy  | Aloeweed                  | whole plant       | 2    | 12.93 | 129.3               |
| Phyllanthus emblica L.          | Amla                      | fruit rind        | 2    | 12.93 | 129.3               |
| Withania somnifera (L.) Dunal   | Aswagandha                | root              | 4    | 8.62  | 86.2                |
| Valeriana wallichii DC.         | Indian Valerian           | rhizome           | 4    | 8.62  | 86.2                |
| Bacopa monnieri (L.) Wettst.    | Jal Brahmi                | whole plant       | 4    | 8.62  | 86.2                |
| Nardostachys jatamansi DC.      | Indian Spikenard          | rhizome           | 4    | 8.62  | 86.2                |
| Sida cordifolia Linn.           | Country Mallow            | root              | 8    | 2.59  | 25.9                |
| Tinospora cordifolia (Willd.) H | Gulancha Tinospora        | stem              | 9    | 1.28  | 12.8                |
| Glycyrrhiza glabra Linn.        | Liquorice                 | root              | 9    | 1.28  | 12.8                |
| Biotite mica                    | Abhraka bhasma            |                   | 11   | 0.43  | 4.3                 |
| Cinnamomum verum J. Presl       | Cinnamon verum            | bark              | 11   | 0.43  | 4.3                 |
| Syzygium aromaticum (Linn.)     | Clove                     | flower bud        | 11   | 0.43  | 4.3                 |
| Elettaria cardamomum (Linn)     | Cardamom                  | fruit             | 11   | 0.43  | 4.3                 |
| Pinctada margaritifera b        | Black Lipped Oyster Pearl | pearl             | 11   | 0.43  | 4.3                 |
| Piper nigrum Linn.              | Black Pepper              | fruit             | 16   | 0.29  | 2.9                 |
| Zingiber officinale Rosc.       | Ginger                    | rhizome           | 16   | 0.29  | 2.9                 |
| Piper longum Linn.              | Long Pepper               | fruit             | 16   | 0.29  | 2.9                 |
| Acacia nilotica subsp. toment   | Gum Arabic                | excipient         | 19   | 2.84  | 28.4                |
| Maize starch                    | Maize starch              | excipient         | 20   | 1.9   | 19.0                |
| Talcum                          | Talc                      | excipient:lubrica | 21   | 0.47  | 4.7                 |

## 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

|                                          |                                                                       |
|------------------------------------------|-----------------------------------------------------------------------|
| <b>Age Group</b>                         | All                                                                   |
| <b>Dosage Form</b>                       | 1000mg tablet                                                         |
| <b>Method of Use</b>                     | Take 1 tablet 30 minutes before bedtime with warm water or warm milk. |
| <b>How Long to Continue Use?</b>         | As recommended in the General Information leaflet.                    |
| <b>Specific Dietary/Lifestyle Advice</b> |                                                                       |

## Presentation

|                            |                                                  |
|----------------------------|--------------------------------------------------|
| <b>Presentation</b>        | 60 tablets in an amber PET bottle with t/e lid   |
| <b>Net Weight grams</b>    | 60                                               |
| <b>Storage</b>             | Store in a cool, dry, dark place, tightly closed |
| <b>Shelf Life (months)</b> | 60                                               |

**Regulatory Status** Food Supplement