

# Maharishi AyurVeda - Public Information

**UK Product Name** Blissful Sleep - Basic (MA1778) **Code Name** MA1778

**Availability** Stock item in UK

## Description

Supports natural sleep and refreshment. It is not habit forming.

Enjoy a more restful, more refreshing quality of sleep  
A really good night's sleep can help you awake with quite confidence. You feel recharged, rejuvenated. The Blissful Sleep herbal formula helps you get a deeper, better quality of sleep every night, helping you feel more vital and alive the next day. The herbs in this synergistic formula produce a soothing, balancing effect on the body, mind and emotions.

Herbal Masterpiece

The herbs in the Blissful Sleep formulae 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.

- Indian Valerian is a natural herbal sleep-aid with a settling influence and has been used in Ayurveda for centuries.
- Aswagandha helps resistance to stress, and helps balance the mind and emotions.
- Rose Petals increase soma (the cooling lunar energy element) in the physiology.
- Indian Tinospora is a powerful rejuvenative and helps to nourish and cleanse the body.
- Aloeweed is a medhya herb, known to be balancing for the mind.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Rosa centifolia Linn.	Cabbage Rose	petal	1	30.8	308.0
Valeriana wallichii DC.	Indian Valerian	rhizome	2	21.3	213.0
Withania somnifera (L.) Dunal	Aswagandha	root	3	12.34	123.4
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	4	12.25	122.5
Convolvulus pluricaulis Choisy	Aloeweed	whole plant	5	7.01	70.1
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	6	6.16	61.6
Glycyrrhiza glabra Linn.	Liquorice	root	7	1.86	18.6
Piper nigrum Linn.	Black Pepper	fruit	8	1.21	12.1
Piper longum Linn.	Long Pepper	fruit	8	1.21	12.1
Zingiber officinale Rosc.	Ginger	rhizome	10	1.17	11.7
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	11	0.36	3.6
Acacia arabica	Gum acacia	excipient:exudat	12	2.86	28.6
Rice bran extract	Rice bran extract	excipient:	13	0.48	4.8
Opadry nutrapure	Opadry nutrapure	excipient: coatin	14	0.99	9.9

## 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 30 minutes before bedtime

**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** 60 tablets in an amber PET bottle with t/e lid

**Net Weight grams** 60

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: [map@maharishi.co.uk](mailto:map@maharishi.co.uk) - Web: [maharishi.co.uk](http://maharishi.co.uk)

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<b>Availability</b>	Stock item in UK		
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed		
<b>Shelf Life (months)</b>	36		
<b>Regulatory Status</b>	Food Supplement		