Maharishi Ayurveda

Public Information

UK Product Name	Amlaberry (MA7001)	**Code Name**	MA7001
Availability	Stock item in UK		

Description

Supports muscular development, rejuvenation, mind-body coordination, eye function, digestion and skin hydration.

Processing the fruit of the Amla with its own juice in a 21 step process enhance its benefits including its muscle building action that is useful for all types of athletes. Amla is unusual in that it stimulates digestion without increasing acidity. Amlaberry nourishes the skin cells and helps increase their moisture levels, reducing the signs of ageing.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Emblica officinalis Gaertn.	Amla	juice of fruit	1	48.08	240.4
Emblica officinalis Gaertn.	Amla	fruit rind	1	48.08	240.4
Maize starch	Maize starch	excipient	3	1.92	9.6
Magnesium stearate	Magnesium stearate	excipient	4	0.96	4.8
Talcum	Talc	excipient:lubrica	4	0.96	4.8

Contraindications/Precautions None

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

Usage

Age Group All

Dosage Form 500mg tablet

Method of Use Take 1-2 tablets twice daily 30 minutes before meals with warm milk or water.

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

Presentation

Presentation 120 tablets in an amber PET pot with T/E lid

Net Weight grams 60

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status Food Supplement