



www.maharishiayurveda.com

Iron Rich Herbal Tablets

- MA 0600 -

Herbal Recommendations

Take one tablet twice daily with food or juice. If possible, don't take on an empty stomach, and wait about an hour after meals. Help your body absorb iron

Too little iron can result in fatigue, diminished intellectual performance and a depressed immune system among other things. If you are under a lot of stress, if toxins are clogging the channels in your body, or you often eat leftovers or other foods that the body has to work harder to digest, assimilation of nutrients can be impaired. That includes iron. Herbal Iron Rich can help your body absorb much-needed iron.

The herbs in Herbal Iron Rich help

- Improve the body's ability to absorb and assimilate iron
- Enhance the production of pure healthy blood
- Improve the strength and functioning of the liver

Herbal Masterpiece:

The herbs in all of the recommended formulas are combined in precise proportions and prepared in the traditional ayurvedic way. This improves the bio-availability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

- Indian Gooseberry and Mineral Pitch nourish the various types of body tissue.

Dosage:

Take one tablet twice daily with food or juice. If possible, don't take on an empty stomach, and wait about an hour after meals.

Ingredients:

- Shilajit
- Asphaltum
- Glycyrrhiza glabra
- Piper longum
- Saccharum officinarum
- Phyllanthus emblica
- Elettaria cardamomum
- Phoenix dactylifera
- Ferrum calcined
- Tinospora cordifolia
- Phyllanthus niruri
- Cypraea moneta
- Mesua ferrea
- Eclipta alba.