



MAHARISHI
AYURVEDA

Youthful Mind Tablets

MA-0003

Youthful Mind supports learning, retention and memory and helps maintain resistance to stress, clear mind and stable emotions.

As we age, memory and the ability to focus can start to deteriorate. Similarly, fatigue due to excess mental work impairs full mental ability. Youthful Mind helps remove toxins that can block your mental abilities and improves the body's response to mental stress -- regardless of age. The herbs in Youthful Mind help: enhance innate learning ability, clarity and recall raise mental energy and alertness levels promote the growth of consciousness and full mental potential.

Supports learning, retention and memory. Helps maintain resistance to stress, clear mind and stable emotions.

Help support these Ayurvedic factors

- The three types of mental ability; acquisition (Dhi), retention (Dhriti) and recall (Smriti).
- Energy, creativity, perception, consciousness and self-realization (Prana Vata) · cerebro-spinal fluids for healthy brain tissue, communication between brain cells, stability of the personality (Tarpaka Kapha).
- Emotions, self-confidence, healthy desires and contentment (Sadhaka Pitta) · the most refined product of digestion - the master coordinator between consciousness and the body (Ojas).

Herbal Masterpiece

The herbs in this formula 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.

- **Youthful Mind** is a Medhya Rasayanas -- "that which is good for the intellect."
- Ancient Ayurvedic texts describe **Aloeweed** (Shankapushpi) as "the foremost herb for developing mental functioning." Aloeweed is said to have a positive, uplifting effect on every thought and molecule of the body.
- **Gulanchara Tinospora** (Guduchi) is very supportive of the natural cleansing of the brain toxins that hinder mental activity. It helps clear the microcirculatory channels of the body (Shrotas). This includes blood vessels that deliver nutrients and nerves that transmit mental impulses.



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- **Jal Brahmi** is a powerful brain food. It also supports coordination among the learning, retention and recall functions.

Maharishi AyurVeda Food Supplements:

All food is essentially a source of order and intelligence and Maharishi AyurVeda preparations particularly harness the intelligence of plants to increase the orderly functioning of mind and body. To maximise the intelligence of the plants they are harvested at their best, processed with great care and skillfully combined in time-tested ways. How they are used is also important.

Ingredients:

- Gulancha Tinospora 24.15%
- Aloeweed 24.15%
- Liquorice 24.15%
- Jal Brahmi 24.15%

Directions

- Take 2 tablets twice daily with warm water or warm milk.

Allergy advice:

*None known.

Excipients:

- binder - Gum Arabic 2.91%
- lubricant - Talc 0.49%