

UK Product Name	Be Trim Tea	Code Name	MA1598
Availability	Stock item in UK		
Description	<p>Helps to balance fat and cholesterol metabolism, slow the assimilation of carbohydrates so that appetite is balanced.</p> <p>Beat those "snack attacks" Say good-bye to those false feelings of hunger. With herbs and spices like Gymnema, Fennel Seed, Cinnamon and Cardamom, Be Trim Tea is a flavourful, all-natural way to help balance fat and sugar metabolism and curb snack cravings, day or night.</p> <p>-Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good for enhancing Agni, the digestive fire, without aggravating Pitta. In India, eating a few toasted fennel seeds after a meal is a common practice, both to aid digestion and to freshen the breath.</p> <p>-Cinnamon is used to balance the digestion and keep the stomach healthy.</p> <p>-Cardamom is tridoshic (good for balancing all three doshas), but people trying to keep Pitta in balance should eat it in smaller amounts. It is considered an excellent digestive, especially for keeping stomach and intestinal gas in balance.</p>		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Rosa centifolia Linn.	Cabbage Rose	petal	1	18	306.0
Mentha piperita	Peppermint	leaf	1	18	306.0
Glycyrrhiza glabra Linn.	Liquorice	root	3	14	238.0
Foeniculum vulgare ssp capill	Bitter fennel	seed	4	8	136.0
Pterocarpus marsupium Roxb	Malabar Kino	heartwood	5	7	119.0
Rubia cordifolia Linn.	Indian Madder	root	6	6	102.0
Gymnema sylvestre R.Br.	Gymnema	leaf	6	6	102.0
Cinnamomum zeylanicum Bl	Cinnamon	bark	6	6	102.0
Piper nigrum Linn.	Black Pepper	fruit	9	5	85.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	9	5	85.0
Piper longum Linn.	Long Pepper	fruit	11	4	68.0
Curcuma longa Linn.	Turmeric	rhizome	12	3	51.0

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	Adolescent and adults
Dosage Form	1.7g teabags
Method of Use	Infuse the teabag for 5-7 minutes in boiled water. One bag makes on cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.
How Long to Continue Use?	As desired
Specific Dietary/Lifestyle Advice	Exercise regularly and eat regularly with plenty fresh cooked vegetables, grains and pulses.

Presentation

Presentation	20 wrapped and tagged teabags in a cardboard box.
Net Weight grams	34
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24
Regulatory Status	Food Supplement