

UK Product Name	Be-Trim Aroma Oil	Code Name	ABT
Availability	Stock item in UK		

Description A stimulating blend that helps to enliven metabolism of fats.
Use in conjunction with Maharishi Ayurveda Meda tablets to help balance Pitta - the cause of fiery hunger; and Kapha - the principle that governs weight loss and gain.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Citrus aurantium var sinensis	Neroli	rind oil	1		
Foeniculum vulgare ssp capill	Sweet Fennel	seed oil	2		
Citrus limon (Linn.) Burm f.	Lemon	rind oil	3		
Zingiber officinale Rosc.	Ginger	rhizome oil	4		
Citrus paradisi	Grapefruit	rind oil	5		

Contraindications/Precautions Not intended for use on the skin. However the warmth of the body may be used to diffuse the aromas - if so dilute in a base oil (1:5) before applying. Be particularly cautious on young and sensitive skin.

Over dose and its Management NA

Side Effects and Interactions None known

Usage

Age Group All

Dosage Form Liquid

Method of Use Use an aroma diffuser to diffuse the oil in an enclosed space. The benefits come through the sense of smell rather than through the skin. The warmth of the body may be used to evaporate this oil but it is recommended that you first dilute it with a fixed oil (e.g. almond) taking particular care with young and sensitive skin.

How Long to Continue Use? As desired

Specific Dietary/Lifestyle Advice Follow the Ayurvedic dietary guidelines.

Presentation

Presentation 10 ml in a glass bottle with dropper and t/e cap

Net Weight grams

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

Shelf Life (months)

Regulatory Status General