

**UK Product Name** Be-Trim Aroma Oil **Code Name** ABET

**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