

<b>UK Product Name</b>	Be Trim 2 tablets MA1007)	<b>Code Name</b>	MA1008
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Helps balance appetite, fat metabolism & stomach acidity for those with sharp appetites.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	1	25.81	129.1
Boerhaavia diffusa Linn.	Spreading Hogweed	root	2	13.82	69.1
Achyranthes aspera L.	Prickly Chaff Flower	seed	3	12.9	64.5
Glycyrrhiza glabra Linn.	Liquorice	root	4	7.37	36.9
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	4	7.37	36.9
Cuminum cyminum Linn.	Cumin	fruit	4	7.37	36.9
Tinospora cordifolia (Willd.) H	GulanCHA Tinospora	stem extract	7	6.45	32.3
Commiphora mukul (Hook. e	Guggul	exudate	8	4.61	23.1
Pterocarpus marsupium Roxb	Malabar Kino	heartwood extra	9	2.77	13.9
Gymnema sylvestre R.Br.	Gymnema	leaf extract	9	2.77	13.9
Zinc oxide	Zinc bhasma		11	0.92	4.6
Starch	Starch	excipient	12	2.76	13.8
Acacia arabica Willd.	Gum Arabic	excipient	12	2.76	13.8
Calcii carbonas	Calcium carbonate	excipient - lubric	14	1.84	9.2
Talcum	Talc	excipient:lubrica	15	0.46	2.3

<b>Contraindications/Precautions</b>	Do not take with Radiant Skin tabs (MA926), MA1000 or Detox (MA1010).
<b>Over dose and its Management</b>	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.
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	500mg tablet
<b>Method of Use</b>	Take 1 tablet twice daily with water after meals for 15 days. Then increase to 1-2 tablets 2-3 times daily.
<b>How Long to Continue Use?</b>	As recommended in the General Information leaflet.
<b>Specific Dietary/Lifestyle Advice</b>	Do not fast or skip meals when taking the tablets; savour your meals - do not divide your attention by reading, working etc.; eat until 3/4 full; reduce heavy foods such as red meats, leftovers & deep-fried food. Favour light, fresh, nutritious foods - sweet juicy fruits, vegetables, whole grains (barley); cook with fennel, cumin, turmeric; avoid cold food and drink - cool is ok; avoid day sleep; exercise regularly but only to 50% of you capacity; regular daily bowel movements are important - take Triphala or Herbal Cleanse tablets if required.

## Presentation

<b>Presentation</b>	60 tablets in an HDPE pot with foil seal
<b>Net Weight grams</b>	30
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	36

<b>Regulatory Status</b>	Food Supplement
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