

UK Product Name Be Trim Tea Code Name MA1598
 Availability Stock item in UK

Description
 Helps to balance fat and cholesterol metabolism, slow the assimilation of carbohydrates so that appetite is balanced.
 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.
 ·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.
 ·Cinnamon is used to balance the digestion and keep the stomach healthy.
 ·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.

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 Rox	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