

Maharishi AyurVeda - Public Information

UK Product Name	Be Trim 2 tablets MA1007)	Code Name	MA1007
Availability	Stock item in UK		
Description	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.	Red 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. ex	Guggul	exudate	8	4.61	23.1
Pterocarpus marsupium Roxb	Malabar Kino	heartwood extra	9	2.77	13.9
Gymnema sylvestre (Retz) R.	Gymnema	leaf extract	9	2.77	13.9
Zinc oxide	Zinc bhasma		11	0.92	4.6
Maize starch	Maize starch	excipient	12	2.76	13.8
Acacia nilotica subsp. toment	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

Contraindications/Precautions	Do not take with Radiant Skin tabs (MA926), MA1000 or Detox (MA1010).
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
Potential Allergens	

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1 tablet twice daily with water after meals for 15 days. Then increase to 1-2 tablets 2-3 times daily.
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	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

Presentation	120 tablets in an HDPE pot with foil seal
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	60

Regulatory Status	Food Supplement
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