

Maharishi AyurVeda - Public Information

UK Product Name	Be Trim 1 tablets (MA4006)	Code Name	MA4006
Availability	Stock item in UK		
Description	Helps balance appetite & fat metabolism for those who gain weight easily		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Tribulus terrestris Linn.	Small Caltrops	fruit	1	16.33	81.7
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	1	16.33	81.7
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	1	16.33	81.7
Achyranthes aspera L.	Prickly Chaff Flower	seed	2	10.88	54.4
Cyperus rotundus Linn.	Nut grass	tuberous root	3	6.35	31.8
Cuminum cyminum Linn.	Cumin	fruit	3	6.35	31.8
Pterocarpus marsupium Roxb	Malabar Kino	heartwood extra	4	5.44	27.2
Gymnema sylvestre (Retz) R.	Gymnema	leaf extract	4	5.44	27.2
Balsamodendron mukul	Indian bedellium	exudate	5	3.63	18.2
Glycyrrhiza glabra Linn.	Liquorice	root	6	3.49	17.5
Zinc oxide	Zinc bhasma		7	0.09	0.5
Ferroso-ferric oxidum	Iron bhasma		8	0.05	0.3
Acacia arabica	Gum acacia	excipient-exudat	9	3.92	19.6
Maize starch	Maize starch		10	2.94	14.7
Silicon di-oxide	Silicon di-oxide		11	1.96	9.8
Talcum	Talc		12	0.49	2.5

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	After meals take 1 tablet twice daily with water for 15 days. Then increase to 1-2 tablets 2-3 times daily.
How Long to Continue Use?	As recommended at http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products
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	60
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	60

Regulatory Status	Food Supplement
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