



MATSYA VEDA[®]
HERBALS



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that coat the digestive tract, inhibiting absorption and leading to the accumulation of fat in the tissues. Lean-Up gently scrapes these toxins from the system while enkindling the digestive fire, allowing proper digestion, absorption and assimilation. In addition, cravings may be tempered, as the body receives the deeper nourishment it needs from proper absorption and assimilation of nutrients. When combined with exercise and proper diet, Lean-Up can help one achieve optimal weight. It naturally promotes healthy metabolism and reduces carbohydrate absorption.

It removes "Ama" or the toxic metabolites that accumulate in our body as a result of faulty lifestyle and eating habits. The organic compounds in Lean-Up act as anti-depressants, by releasing serotonin into the body, which is the "satisfaction" or "pleasure" hormone. This can help in losing weight, thus feeling uplifted and encouraged. Lean-Up also has anti-obesity properties, which stimulates fat metabolism and burns excess body fat. It helps the adequate use of the fats in the body by burning it off. and inhibits the production of new fat cells.

WHERE TO USE (INDICATION)

Overweight, Obesity, Bloating Stomach.

HOW TO USE (DOSAGE)

2 capsules after meal twice a day or as directed by your physician.

It is safe for long term use and is Non-Habit forming.

NET CONTENT

60 Veg Capsules.

COMPOSITION

Each Capsules contains :

Common Name	Botanical Name	Quantity
Garcinia	Garcinia Cambogia	Proccesed In.
Medohar Gugul	Medohar Gugul	39.5 mg
Harad	Terminalia citrina roxb	139 mg
Methi (fenugreek)	Trigonella foenum graecum	69.5 mg
Dhania (coriander)	Coriandrum sativum linn	69.5 mg
Saunf (Fennel)	Foeniculum vulgare mill	27.7 mg
White Jeera (cumin)	Cuminum cyminum linn	13.9 mg
Black Jeera (cumin)	Carum carvi linn	13.9 mg
Ajwain	Carum capticum benth & hook	13.9 mg
Triphala	Latin name of harad, baheda and amla	13.9 mg
Laung (Clove)	Caryophyllus aromaticus linn	13.9 mg
Ginger	Zingiber officinale	13.9 mg
Garlic	Alluim stivum	69.5 mg
Black Salt	Unazua sodium chloride	55.5 mg
Rock Salt	Sodii chloridium	27.7 mg
Aloe Vera	Aloe barbadenesis mill	55.5 mg
Sanai	Cassia angustifolia	55.5 mg
Tulsi (Basil)	Ocimum sataum linn	27.7 mg

CONTRADICTIONS

Not to be used in Pregnancy.

SIDE EFFECTS

None Reported.

SUGGESTIONS

Recommend to drink 2-3 L of water and exercise for atleast 30 mins daily.

COMPATIBILITY

It can be taken with other medicines.

MEDICINAL PROPERTIES OF INGREDIENTS

Based on scientific research and practices followed from past 5000 years, each herb has been added to Lean-Up for its medicinal value.

Garcinia | *Garcinia Cambogia*

The HCA found in *Garcinia cambogia* prevent calories from being stored as fat. Certain enzymes slow down the metabolism, which is when the body “gets lazy” and starts storing calories as fat. However, HCA blocks the production of these enzymes, so instead of fat, those calories are converted into glycogen, which is necessary for building muscles. This can help improve the stamina and eliminate



fatigue. The organic compounds found in *Garcinia cambogia* can act as anti-depressants, by releasing serotonin into the body, which is the “satisfaction” or “pleasure” hormone. This can work as a self-fulfilling cycle – using this herbal extract, losing weight, feeling uplifted and encouraged, and then determining to continue on and achieve the goal. This ability to stabilize the mood is based on the effect of HCA on neurotransmitters, and the lowered levels of stress, can often contribute in treating long-term depression. Compounds in this herb are able to lower LDL cholesterol levels (bad) and increase HDL levels (good). This will help reduce your likelihood of atherosclerosis, heart attack and stroke, while also lowering blood pressure and giving you more energy for your daily tasks.

Medohar Gugul | *Medohar Gugul*

It is anti-obesity herb used in ayurveda. It stimulates fat metabolism and burns excess body fat. It helps the adequate use of the fats in the body by burning it off. Guggul increases lipid’s metabolism and induces natural cellular death of adipose cells. It inhibits the production of new fat cells and also acts on thyroid gland to stimulates thyroid functions. Thus, it improves the metabolism in the body.

Harad | *Terminalia citrina roxb*

It has laxative properties that is good to treat various stomach problems such as acidity, constipation, indigestion etc. It removes toxins from the body and keeps the digestive system healthy. It is used for its anti-inflammatory, analgesic and antipyretic properties. Haritaki or *Terminalia chebula* contains several phytochemical (chemical compounds that occur naturally in plants) constituents, including chebulic acid, gallic acid, ellagic acid, tannic acid, amino acids, flavonoids like luteolin, rutins and quercetin etc. These chemicals gives the tree its therapeutic values. The fruits of tree are antioxidant, carminative, astringent, expectorant, gentle purgative, laxative, antibacterial, antiviral, and antifungal.

Methi | *Trigonella foenum graecum*

Fenugreek helps with numerous digestive problems, such as upset stomach, constipation and inflammation of the stomach. For instance, the water-soluble fiber in fenugreek, among other foods, helps relieve constipation. It also works to treat digestion and is often incorporated in an ulcerative colitis diet treatment plan due to its anti-inflammatory effects. Fenugreek helps in reducing the body’s production of cholesterol, especially low-density lipo protein (LDL or bad cholesterol). It also decreases the absorption of triglycerides from fatty foods. According to studies fenugreek helps to reduce cholesterol level, especially that of the low density lipoprotein (LDL). They are known to be rich source of steroidal saponins that prevent the absorption of cholesterol and triglycerides. This is due to interaction of saponins and bile acids, resulting in formation of large micelles which are not absorbed in digestive tract, this further results in increased faecal bile acid and cholesterol excretion.

Dhania | Coriandrum sativum linn

it works like an antispasmodic drug, relaxing contracted digestive muscles that cause the discomfort of IBS and other problematic gut disorders. Some of the acids present in coriander, like linoleic acid, oleic acid, palmitic acid, stearic acid and ascorbic acid (vitamin C) are very effective in reducing cholesterol levels in the blood. They also reduce the level of bad cholesterol (LDL) deposition along the inner walls of the arteries and veins, which can lead to serious cardiovascular issues like arteriosclerosis, heart attacks, and strokes. More importantly, coriander helps to raise the levels of healthy cholesterol (HDL), which works as a preventative line of defense against a number of dangerous conditions.

Saunf | Foeniculum vulgare mill

Fennel seeds are one of the important medicines used for treating inflammation of the stomach. Fennel seed powder is commonly used to treat gastritis symptoms. It modulates the secretions of gastric acid and soothes the mucosal lining of the stomach. The carminative action helps to relieve belching and gas. The antispasmodic action helps to alleviate abdominal pain. Its antiemetic action helps to cure nausea and vomiting. It has gastric secretion modulation action, which helps to reduce acidic taste and sour taste in the mouth.

White Jeera | Cuminum cyminum linn

Enzymes present in cumin help to break down food and thus aid in digestion. Due to its high fibre content, cumin boosts the activity of the gastrointestinal tract which in turn stimulates enzyme secretion. This is why cumin powder is commonly used as a natural laxative.

Black Jeera | Carum carvi linn

The presence of thymol and other essential oils in cumin seeds stimulate the salivary glands thereby helping in the digestion of food. Apart from this, it strengthens a sluggish digestive system.

Ajwain | Carum capticum benth & hook

The active enzymes in ajwain help in boosting digestive functions by facilitating the release of gastric juices. It enhances the release of gastric juices in order to speed up the digestion process. Ajwain contains high levels of thymol, a chemical, which aids the release of gastric juices from the stomach and

thus, speed up the process of digestion. This is the reason, why ajwain plays a key role in relieving indigestion, flatulence, nausea and colicky pain in babies.

Triphala | Latin name of harad, baheda and amla

Triphala is most commonly known for its use as a gentle bowel tonic, being helpful in digestion, and supporting regular bowel movements. The combination of the three fruits has a synergistic effect to bolster many other systems as well. Triphala supports not only the GI system, but also bolsters a healthy immune and cardiovascular system. It positively affects normal cell life cycles and promotes healthy lipid and cholesterol levels.

Laung | Caryophyllus aromaticus linn

Cloves help relax the smooth lining of the GI tract. It reduces gas pressure in the stomach and supports the proper elimination of waste. When added to foods it increase carminative properties and reduce the risk of flatulence caused by certain dietary ingredients. Cloves are also good for reducing dyspepsia, flatulence, gastric irritability and nausea.

Ginger | Zingiber officinale

The phenolic compounds in ginger are known to help relieve gastrointestinal (GI) irritation, stimulate saliva and bile production, and suppress gastric contractions as food and fluids move through the GI tract. At the same time, ginger also appears to have beneficial effects on the enzymes trypsin and pancreatic lipase, and to increase motility through the digestive tract. This suggests ginger help prevent colon cancer and constipation. Ginger is a very strong carminative, meaning that it induces excess gas to leave the body. Ginger has been discovered to be a facilitator of the digestive process.

Garlic | Allium stivum

Garlic exercises a beneficial effect on the lymph, aids in elimination of noxious waste matter in the body. It stimulates peristaltic action and the secretion of the digestive juices.

Black Salt | Unazua sodium chloride

Black Salt reduces intestinal gas and flatulence due to its anti-flatulent characteristic. It also helps heaviness in the abdomen after meal. It reduces acid reflux and balances the acid production in the stomach.

Rock Salt | Sodii chloridum

Rock salt naturally boosts metabolism and an improved metabolism stimulates enhanced functioning of the body. It is Antacid, Anti-flatulent. Rock Salt has digestive stimulant properties, which is due to its trace minerals. It promotes digestion and improves appetite.

Aloe Vera | Aloe barbadensis mill

Aloe vera gel can help heal the lining of a damaged intestinal tract, healing and/or preventing leaky gut syndrome. This is crucial because when a person's gut lining is damaged, toxins can enter the bloodstream. This can lead to system-wide inflammation and initiate an immune response in the body. Aloe vera is considered a laxative-acting food. The gel-filled plant increases intestinal water content, stimulates mucus secretion and contains enzymes that help the body break down food. Then the plant's soothing effects help to easily move that food through the intestines, encouraging regular bowel movements. Along with its rich nutrient content, aloe vera has antibacterial and anti-viral properties. For this reason, aloe vera helps rid the body of harmful toxins and food buildup.

Sanai | Cassia angustifolia

Senna is an FDA-approved nonprescription laxative. It is used to treat constipation and also to clear the bowel before diagnostic tests such as colonoscopy. Senna is a herb that is generally used for its laxative properties. It works by interacting with the bacteria in the digestive tract, resulting in intestinal contractions. These contractions are caused by the anthraquinone that is contained in senna. These dimeric glycosides anthraquinone derivatives are known as Senna glycosides or sennosides. These compounds work as a laxative by smoothing the muscles as digested food moves through the intestines. This helps to enhance the stool volume and move it out of the colon. The process is caused by the chain of fatty acids that promote digestion, fermentation, and successfully converting the glycosides into a purgative agent.

Tulsi | Ocimum sataum linn

Holy basil tea facilitates healthy liver function, which is a must for improving digestive health. It also helps in proper metabolism, absorption and assimilation of lipids, carbohydrates and proteins.

METHOD OF PREPARATION

Lean-Up takes 21 days for preparation. As per Ayurvedic principles, medicine under goes under 7 stages of *Bhavana* (lavigation) to increase the efficacy. The method of preparation has been followed as described in ancient Ayurveda text that dates back to 5000 years.

All the fresh herbs are first washed and then sun-dried & powdered. Then the herbs are mixed together and undergoes 7 stages of *Bhavana* (lavigation) where they are grinded slowly with various liquids using a Mortar and Pestle. Finally the processed paste is sun dried and powdered again, and filled in capsules.

RESEARCH REFERENCES

Scientific research has proven that the herbs used in Lean-Up helps loosing excess weight and removing toxins from the body.

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