

# METHI PLUS

FENUGREEK & GYMNEMA

## **Compositions:**

Each capsule contains Fenugreek 300 mg and Gymnema 200 mg.

## **Pharmacology:**

Fenugreek seed is one of the most ancient medicinal herbs. Fenugreek is an annual plant belongs to the family Fabaceae (Leguminosae). The scientific name of Fenugreek is *Trigonella foenum-graecum*. The antidiabetic properties of Fenugreek seeds are attributed to the active substances they contain, such as Saponins, Diosgenin, 4-Hydroxyisoleucin (4-OH-Ile) and Trigonelline. Gymnema sylvestre is popularly known as Gurmar for its distinct property as sugar destroyer. The phytoconstituents responsible for sweet suppression activity include Triterpene Saponin (Gymnemic Acids & Gymnemasaponin) and a Polypeptide Gurmarin.

## **Dosage And Administration:**

1 capsule 1-3 times before meals or as directed by a physician.

## **Contraindications:**

N/A

## **Warning And Precaution:**

N/A

## **Side Effects:**

No Known Side Effects

## **Use in Pregnancy and Lactation:**

Sufficient clinical data is not available to use in pregnant women and lactating mother.

## **Drug Interaction:**

N/A

## **Overdosage:**

N/A

## **Storage:**

Store in a cool & dry place, Protect from light. Keep out of the reach of the children.

## **Packing:**

Each box contains 6×5 capsules in Alu-Alu blister pack.

Manufactured By:

The IBN SINA Pharmaceutical Industry PLC.

Shafipur, Gazipur, Bangladesh.