

**BGR-34 TABLET Composition: Each coated 620mg tablet contains:**

Hindi	Botanical Name	Qty.
<b>Dried aqueous extract derived from :</b>		
Daruharidra	<i>Berberis aristata</i>	1150 mg
Vijaysar	<i>Pterocarpus marsupium</i>	400 mg
Gudmar	<i>Gymnema sylvestre</i>	400 mg
Majeeth	<i>Rubia cordifolia</i>	375 mg
Methika	<i>Trigonella foenum-graecum</i>	350 mg
Giloy	<i>Tinospora cordifolia</i>	350 mg
<b>Powders of</b>		
Daruharidra	<i>Berberis aristata</i>	75 mg
Vijaysar	<i>Pterocarpus marsupium</i>	25 mg
Gudmar	<i>Gymnema sylvestre</i>	25 mg
Majeeth	<i>Rubia cordifolia</i>	25 mg
Methika	<i>Trigonella foenum-graecum</i>	25 mg
Giloy	<i>Tinospora cordifolia</i>	25 mg
<b>Solution prepared from:</b>		
Shilajeet Sudh	<i>Purified Black Bitumen</i>	10 mg
Excipients		Q.S.

**Dosage:**

**Tablets:** 2 Tablet twice a day  
(Should be taken 30 minutes before meals)