

Formulation and Evaluation of Herbal Metabolism Boost Powder

**Mr. Bhushan S. Warghat, Prof. Miss. Meena Pawane,
Aadarsh R. Ajmire, Om V. Kurkule, Mr. Prashant S. Raut**
Student of B-Pharm Final Year
Assist. Professor in (Pharmaceutical Chemistry Dept.)
Ishwar Deshmukh Institute of Pharmacy, Digras, Maharashtra, India

Abstract: Increased demand for natural and herbal health supplements has led to the development of herbal metabolic powders developed to improve metabolic rates, promote weight management and improve energy levels. This study focuses on the wording and evaluation of polyherbalps related to metabolism such as green tea extract (*Camellia sinensis*), inger (*Zingiber Officinale*), cinnamon (*Cinnamom Verm*), black pepper (*pipernigram*), and garcinia (*Garcinia - Cambodia*). conditions. This powder was evaluated with physicochemical properties (flow capacity, moisture content, particle size), phytochemical analysis (total phenols, flavonoids), and in vivo antioxidant activity (DPPH assay). Additionally, deposition time, solubility and stability studies were conducted to ensure quality and durability. Preliminary results showed good river properties, high phenol content, and significant antioxidant potential, supporting its effectiveness as a metabolic strength supplement. In vivo or clinical research can continue to validate its therapeutic benefits. This herbal formulation shows a safe, natural and effective alternative to improving synthetic metabolism, in line with an increase in overall wellness solution preferences

Keywords: herbal health

