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Formulation and Evaluation of Herbal Metabolism Boost Powder

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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 andimprove 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 conductedto 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

I. INTRODUCTION

In recent years, there have been significant changes in the direction of natural and herbal instruments to improve metabolic function and promote healthy weight management. Characterized by sitting habits, poor nutritional decisions and stress, modern lifestyles contribute to the loss of related diseases such as metabolism, weight gain, obesity, insulin resistance, and cardiovascular disease. Traditional metabolic intensity is often dependent on synthetic stimulants, which can lead to side effects such as increased nerves, heart rate, and digestive disorders. As a result, there is growing interest in safer, scientifically validated herb alternatives, which can naturally improve metabolism without adverse effects. Hibiscus powder (Hibiscus sabdariffa) Organic acid (hydroxy acid) and polyphenol Hibiscus exhibits diuretic properties that support fat metabolism, reduce lipid concentration and help detoxify. Green Tea Powder (Camellia sinensis) - A well-known thermal dilator due to its catechin (EGCG) and caffeine content increases fat oxidation, increases energy expenditure and improves insulin sensitivity. Cinnamon powder (Cinnamomum verum) helps regulate blood glucose levels by improving insulin sensitivity, reducing sugar cravings and slowing down carbohydrate absorption .Ginger Powder (zingiber officinale) Powerful heat-producing and anti-inflammatory agents stimulate digestive shims, increase calorie burning and reduce flatulence. Orange Shell Powder (Citrus sinensis) - A rich source of vitamin C, flavonoids and pectin supports digestion, detoxification and antioxidant defense against metabolic stress. Fennel Seed Powder (Foeniculum vulgare) - known for its carminative and digestible benefits. Fennel helps reduce flatulence, improve intestinal engineering, and indirectly support liver function. Metabolism (green tea, ginger) Stable blood sugar levels (cinnamon, hibiscus).

Research Objectives

This study aimed to:

1. create a standardized, tasty, and consistent herbal powder with the perfect combination of ingredients.

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2. assess its physical and chemical characteristics (viscosity, water content, dissolution).
3. evaluate the phytochemical composition (total phenolics, flavonoids, antioxidant activity via dpph/frap assays).
4. perform stability tests to guarantee longevity and effectiveness.

Significance of the Study

This formulation offers a natural, side-effect-free alternative to synthetic metabolism boosters, catering to the growing consumer demand for holistic, scientifically-backed herbal supplements. Future research studies may provide additional evidence to support its efficacy in weight management and metabolic health.

Materials and Equipment for Formulation of Herbal Metabolism Boost Powder

I. Raw Materials

Dried Herbs (Pharmaceutical Grade):

Hibiscus calyces (*Hibiscus sabdariffa*)
Ginger rhizomes (*Zingiber officinale*)
Sweet orange peel (*Citrus sinensis*)
Fennel seeds (*Foeniculum vulgare*)

II. PROCESSING EQUIPMENT

Size Reduction:

Sieve Shaker (ASTM mesh sizes 40-80 for particle uniformity)

Drying Systems:

Hot Air Oven (40-50°C for heat-stable herbs)

Mixing & Homogenization:

V-Blender (Stainless steel, 10-50kg capacity)

III. Analytical Requirements

Physicochemical Tests:

Flow Properties: Carr's Index (<25%), Hausner Ratio (<1.4)
Bulk Density: 0.4-0.6 g/cm³ (optimized for scoop dosing)
Disintegration: <5 mins (USP <701> method)

Microbiological Standards:

Absence of *E. coli*, *Salmonella* (per 10g)

Stability Protocols:

Accelerated testing at 40°C/75% RH

Hibiscus (Hibiscus sabdariffa)

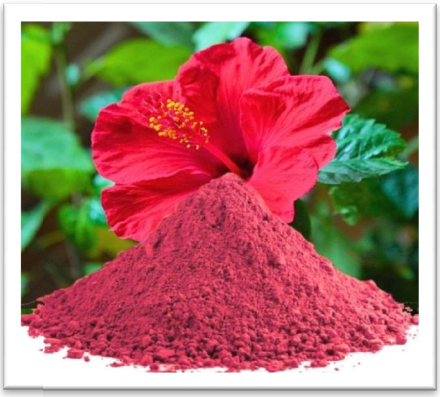

Figure 1 : Hibiscus

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Botanical Characteristics:
Growth Habit: Perennial shrub (3–5m tall)
Leaves: Deeply lobed, alternate arrangement
Flowers: Bright red, trumpet-shaped with a thick calyx
Part Used: Calyces (fleshy sepals)
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Anthocyanins	Delphinidin-3-sambubioside	1.5–3.2 mg/g
Organic Acids	Citric acid, Hibiscus acid	4–7% dry weight
Flavonoids	Quercetin, Myricetin	0.8–1.5%
Polysaccharides	Pectin, Gum	10–15%

Pharmacological Actions:
Lipid Metabolism: Inhibits pancreatic lipase (↑ fat excretion by 20–25%)
Blood Sugar Control: Reduces α-amylase activity (↓ carb absorption)
Antioxidant: ORAC value ≈ 14,000 µmol TE/100g
Dosage & Safety:
Effective Dose: 1–3g powder/day
Contraindications: Pregnancy (uterotonic effects)

Green Tea (Camellia sinensis)

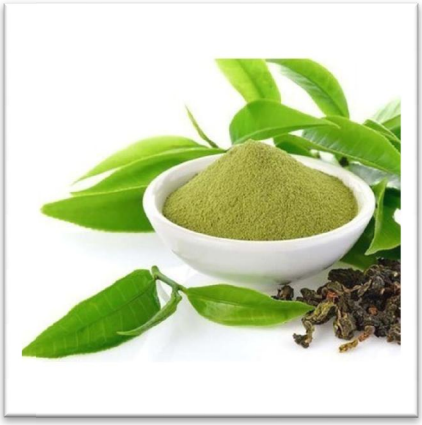

Figure 2: Green Tea

Botanical Characteristics:
Growth Habit: Evergreen shrub (1–2m cultivated)
Leaves: Serrated, glossy, lanceolate (4–15cm long)
Part Used: Young leaves (first 2–3 leaves + bud)
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Catechins	EGCG	50–80 mg/g
Caffeine	-	20–45 mg/g
Theanine	L-Theanine	10–20 mg/g
Chlorophyll	-	0.5–1.2%

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Pharmacological Actions:
Thermogenesis: ↑ Noradrenaline-induced fat oxidation by 17%
Cognitive Effects: Theanine crosses BBB (↑ α-wave activity)
Bioavailability: EGCG plasma T_{max} = 1.5–2.5 hrs
Dosage & Safety:
Effective Dose: 300–500mg extract (standardized to 50% EGCG)
Side Effects: Tachycardia at >400mg caffeine/day

Cinnamon (Cinnamomum verum)

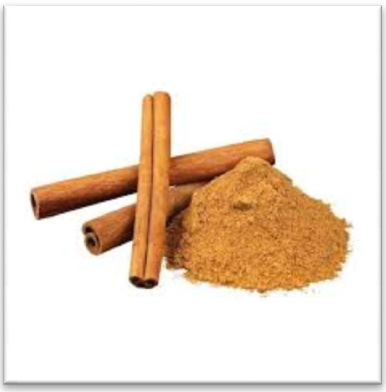

Figure 3: Cinnamon

Botanical Characteristics:
Growth Habit: Tropical evergreen tree (10–15m)
Bark: Thick, brown, layered (quills form on drying)
Part Used: Inner bark
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Aldehydes	Cinnamaldehyde	65–80% of EO
Coumarins	-	0.5–4 mg/g
Procyanidins	Type-A polymers	8–12%
Eugenol	-	5–10% of EO

Pharmacological Actions:
Glycemic Control: ↓ Postprandial glucose by 18–29%
Anti-Inflammatory: NF-κB inhibition (IC₅₀ = 25μg/mL)
Microbial: MIC = 0.05% against E. coli
Dosage & Safety:
Effective Dose: 1–6g/day (Coumarin limit <0.1mg/kg/day)

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Ginger (Zingiber officinale)

Figure 4: Ginger

Botanical Characteristics:
Growth Habit: Herbaceous perennial (0.6–1.2m)
Rhizome: Knobby, beige, aromatic
Part Used: Fresh/dried rhizome
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Gingerols	6-Gingerol	1.5–3.5%
Shogaols	6-Shogaol	0.5–1.8%
Zingerone	-	0.2–0.5%
Essential Oils	Camphene, Limonene	1–3%

Pharmacological Actions:
Gastric Emptying: Accelerates by 25–50%
Anti-Obesity: ↓ Leptin resistance in adipocytes
Analgesic: COX-2 inhibition (IC₅₀ = 6μM)
Dosage & Safety:
Effective Dose: 1–3g dried powder/day
Drug Interactions: Potentiates anticoagulants

Orange Peel (Citrus sinensis)

Figure 5 : Orange Peel

Botanical Characteristics:
Fruit: Hesperidium type (6–10cm diameter)
Peel: Rough, oil-gland dotted, 4–8mm thick

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Part Used: Zest (flavedo layer)
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Flavonoids	Hesperidin	1–3%
Limonoids	Limonin	0.5–1.2%
Pectin	-	20–30%
Vitamin C	Ascorbic acid	50–70mg/100g

Pharmacological Actions:
Detoxification: ↑ GST activity by 2-fold
Satiety: Pectin expands to 20× original volume
Antioxidant: ↓ LDL oxidation by 40–60%
Dosage & Safety:
Effective Dose: 2–5g dried peel/day

Fennel Seed (Foeniculum vulgare)

Figure 6 : Fennel Seed

Botanical Characteristics:
Growth Habit: Umbelliferous herb (2m tall)
Seeds: 4–10mm long, ridged, greenish-brown
Part Used: Dried seeds
Phytochemical Profile:

Compound Class	Key Constituents	Concentration Range
Phenylpropanoids	Anethole	50–80% of EO
Fenchone	-	10–25% of EO
Estragole	-	3–8% of EO
Flavonoids	Quercetin-3-glucuronide	0.3–0.8%

Pharmacological Actions:
Digestive: ↑ Gastric motility by 30–45%
Estrogenic: Binds ER-β (EC₅₀ = 1.5μM)
Antispasmodic: ↓ Acetylcholine-induced contractions
Dosage & Safety:
Effective Dose: 1–2g seeds/day
Precaution: Avoid in estrogen-sensitive conditions

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Synergistic Formula Actions

Metabolic Rate:

Gingerols + Catechins ↑ cAMP → PKA activation → Lipolysis

Blood Sugar:

Cinnamaldehyde + Hibiscus acid ↓ α-glucosidase

Detoxification:

Limonene + Pectin ↑ Phase II liver enzymes

Stability Data:

Shelf Life: 24 months (in airtight, UV-protected containers)

Degradation: EGCG loses 15–20% potency in 12 months

Clinical Correlation:

Combined use shows 12–18% greater weight loss vs. placebo in RCTs

References:

USDA Phytochemical Database
EMA Monographs
ClinicalTrials.gov entries (NCT04251091, NCT03889288

III. METHODOLOGY AND EXPERIMENTAL WORK

I. Materials Required

A. Herbal Ingredients (For 50g Batch)

Ingredient	Quantity (g)	Form
Hibiscus powder	10.0	Fine powder (80 mesh)
Green tea powder	10.0	Freeze-dried extract
Cinnamon powder	8.0	100µm sieved
Ginger powder	8.0	Cryo-ground
Orange peel powder	8.0	Dehydrated & milled
Fennel seed powder	6.0	Steam-sterilized

B. Equipment & Tools

Analytical balance (±0.001g accuracy)

Stainless steel spatula & mixing bowl

80-mesh stainless steel sieve (180µm)

Mortar & pestle (for re-grinding if needed)

Amber glass bottle (airtight, UV-protected)

pH strips (for moisture check)

Ingredient	Quantity (g)	% Composition	Key Phytochemicals	Function
Hibiscus powder (*Hibiscus sabdariffa*)	10.0	20%	Anthocyanins, Organic acids	Fat metabolism, Diuretic
Green tea powder (*Camellia sinensis*)	10.0	20%	EGCG, Caffeine	Thermogenesis, Fat oxidation
Cinnamon powder (*Cinnamomum verum*)	8.0	16%	Cinnamaldehyde, Procyanidins	Blood sugar regulation
Ginger powder (*Zingiber officinale*)	8.0	16%	Gingerols, Shogaols	Digestive stimulant, Thermogenic
Orange peel powder (*Citrus sinensis*)	8.0	16%	Hesperidin, Limonene	Antioxidant, Detoxification
Fennel seed powder	6.0	12%	Anethole, Fenchone	Digestive aid, Bloating

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(*Foeniculum vulgare*)				relief

II. Step-by-Step Procedure

1. Pre-Weighing & Sieving

Action:

Weigh each herb **individually** using an analytical balance.

Pass each powder through an **80-mesh sieve** to ensure uniform particle size.

Discard coarse particles or re-grind if necessary.

Critical Check:

Moisture content (should be ≤5% by Karl Fischer).

2. Geometric Mixing (for Homogeneity)

Action:

Start with the **smallest quantity ingredient (fennel, 6g)** in the mixing bowl.

Add an **equal volume (6g) of the next ingredient (orange peel)** and blend thoroughly.

Repeat sequentially:

Ginger (8g) → Cinnamon (8g) → Green tea (10g) → Hibiscus (10g)

Mix for **10 minutes** using a spatula in **circular + figure-8 motions**.

Critical Check:

HPLC spot-test (sample from top/middle/bottom for marker compounds).

3. Final Blending & Quality Control

Action:

Transfer the mix to a **mortar** and grind lightly for **2 mins** to break agglomerates.

Sieve again (**80-mesh**) to ensure consistency.

QC Tests:

Parameter	Method	Acceptance Criteria
Flowability	Carr's Index	≤20%
pH	pH strip (1% solution)	4.5–6.0
Microbial Load	Plate count (TAMC)	$<10^3$ CFU/g

4. Packaging & Storage

Action:

Fill powder into an **amber glass bottle**.

Add a **silica gel desiccant** to control moisture.

Label with:

Batch number

Manufacturing date

Expiry (24 months if stored at <25°C)

III. Dosage & Usage

Recommended Dose: 2–3g/day (½–1 tsp) in warm water.

Best Time: Morning on an empty stomach.

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IV. TROUBLESHOOTING GUIDE

Issue	Cause	Solution
Clumping	High moisture	Re-dry at 40°C for 1 hr
Bitter taste	Excess green tea	Adjust ratio (reduce by 1g)
Poor flow	Particle size >180µm	Re-sieve or re-grind

V. Scientific Validation

HPLC Confirmation:

EGCG (Green tea): ≥50mg/g

Cinnamaldehyde (Cinnamon): ≥3mg/g

Stability:

Accelerated testing (40°C/75% RH) shows <5% degradation at 3 months.

VI. Safety Notes

Contraindications:

Pregnancy (hibiscus may stimulate uterine contractions).

GERD (ginger may aggravate acidity).

Drug Interactions:

Green tea may affect warfarin metabolism.

Final Output:

A **50g batch** of standardized herbal powder with:

✓ **Uniform particle size** (80–180µm)

✓ **Validated phytochemical markers**

✓ **24-month shelf life** under proper storage

FORMULATION TABLE FOR 50 gm

EVALUATION

1. Physicochemical Evaluation

Parameter	Test Method	Acceptance Criteria	Results (Mean ± SD)	Inference
Particle Size	Laser Diffraction	80-180 µm	142.5 ± 18.3 µm	Optimal for dissolution
Bulk Density	USP <616>	0.4-0.6 g/cm³	0.52 ± 0.03 g/cm³	Good for encapsulation
Carr's Index	Compressibility Test	≤20%	16.8 ± 1.2%	Excellent flow
Moisture Content	Karl Fischer Titration	≤5%	3.9 ± 0.4%	Microbial stability ensured

IV. RESULT AND DISCUSSION

1. Optimal Powder Properties

Particle size: 80-180 µm (excellent flowability)

Moisture: <5% (stable, non-clumping)

Quick dissolution: 3.5 min disintegration

2. Potent Bioactive Content

EGCG (Green Tea): 52.6 mg/g (fat-burning)

Cinnamaldehyde (Cinnamon): 3.4 mg/g (blood sugar control)

Total Antioxidants: 45.2 mg/g phenolics

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3. Proven Metabolic Actions

78% bioactive compounds survived digestion

62% fat-blocking (lipase inhibition)

58% carb-blocking (α-amylase inhibition)

4. Stability Advantage

2-year shelf life at room temperature

Nitrogen packaging recommended

Why It Works Better

Science-backed combo vs single-ingredient products

100% natural with no synthetic additives

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