



ADAPTOGEN / BALANCE

Holy Basil

Ocimum sanctum

COMMONLY KNOWN AS:

Tulsi



Holy Basil is regarded as one of the most important plants used in Ayurvedic medicine. Its adaptogenic effect offers an uplifting energy and may help counteract the effects of physical and emotional stress, and promote a normal response to inflammation.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.