

## Product Profile

# HOLY BASIL (Tulsi)

*Ocimum sanctum* & *O. gratissimum*

Liquid extract of fresh leaves of Rama Tulsi, Krishna Tulsi and Vana Tulsi.

**Actions:** Adaptogen that reduces stress, calms, and relieves depression. Antioxidant, anti-inflammatory and antiviral. Anticancer/antimutagenic. Protective to the liver. Enhances immune system function. Recent research demonstrates protection from chromosome damage and death caused by ionizing radiation. Prevents or reduces gastric ulcerations.

**Uses:** To relieve stress and anxiety. Supportive therapy in fevers, inflammations, infections, colds and flu. To prevent or moderate high cholesterol levels. Protective therapy during radiation treatments or work associated with radiation. Adjunct therapy in non-insulin dependent diabetes. Prevention and treatment of gastric ulcerations.

**Dose:** Take 30 to 40 drops, 2 to 4 times per day.

**Cautions:** Consult a qualified midwife or physician before taking during pregnancy or nursing. Not recommended for babies or toddlers.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.