

Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

HBNnaturals
PRODUCT INFORMATION PAGE

Holy Basil (Tulsi) Tea is a revitalizing blend of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root, designed to support digestion, immunity, and overall well-being. Holy Basil manages stress, while Papaya and Ginger Root aid digestion and reduce inflammation. Blessed Thistle supports liver function, and Senna Leaf provides gentle detoxification. Packed with antioxidants, this tea helps balance blood sugar, combat oxidative stress, and promote vitality in every sip.*



DIRECTIONS

- Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.*

MEDICINAL CONSTITUENTS

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Caryophyllene:** A sesquiterpene hydrocarbon found in Holy Basil leaf oil that contributes to its calming and anti-inflammatory properties, supporting stress relief and overall wellness.*
- **Phenolic compounds:** Holy Basil's fresh leaves and stems are rich in antioxidants such as cirsilineol, circimaritin, isothymusin, apigenin, and rosmarinic acid, which help protect the body from oxidative stress and support overall health.*
- **Cnicin:** The main compound in Blessed Thistle, cnicin, gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*
- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Holy Basil (Tulsi) Tea ingredients:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>
- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>
- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

INGREDIENTS

Ocimum tenuiflorum (Holy Basil), Althaea officinalis (Marshmallow) Root, Cnicus benedictus (Blessed Thistle), Cassia angustifolia (Senna) Leaf, Carica papaya (Papaya) Fruit Extract, Zingiber officinale (Ginger) Root

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- Holy Basil (Tulsi) Tea may modify glucose regulation.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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