

# Tulsi Trim Tea

Original Holy Basil Detox Tea

**ABN**naturals  
PRODUCT INFORMATION PAGE

Tulsi Trim is a thoughtfully formulated herbal tea designed to support digestion, gentle detoxification, and the body's natural stress response. At its core is Holy Basil (Tulsi), an adaptogenic herb traditionally used to help the body adapt to physical and emotional stress. By supporting nervous system balance, Tulsi Trim helps calm stress-related digestive disruption - often a contributing factor in bloating, irregular elimination, and metabolic imbalance - creating a more stable internal environment and a stronger foundation for daily wellness.

This layered blend combines Tulsi with soothing and digestive botanicals that work together to promote gut comfort and natural elimination without harsh stimulation. Marshmallow root and chamomile help soothe and protect the digestive lining, while ginger and papaya support digestion, enzymatic activity, and nutrient breakdown. Blessed thistle and licorice root contribute to liver and digestive function, supporting the body's natural detox pathways and metabolic processes. Rich in antioxidants, Tulsi Trim supports balance, digestive clarity, and overall vitality when used consistently as part of a daily wellness routine.\*



## DIRECTIONS

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

## KEY BENEFITS

- Supports gentle detoxification and daily elimination\*
- Promotes digestive balance and gut comfort\*
- Helps improve nutrient absorption and utilization\*
- Supports healthy liver detox pathways\*
- Eases bloating and supports digestive regularity\*

Nutrition Facts		
Serving Size: 1 scoop (1.125 grams)    Servings per container: 60		
Amount per serving		
<b>Calories</b>	<b>13</b>	
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>0g</b>	
Calories From Fat	0	
Saturated Fat	0g	*
Trans Fat	0mg	
<b>Cholesterol</b>	<b>0g</b>	<b>0%</b>
<b>Sodium</b>	<b>0mg</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>2g</b>	<b>1%</b>
Dietary Fiber	0g	0%
Sugars	0g	
Added Sugars	0g	
Protein	0g	
Vitamin D	0mcg	0%
Calcium	51.5g	4%
Iron	3.5mg	16%
Potassium	79.5mg	3%

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

## CAUTIONS

- Holy Basil (Tulsi) Tea may modify glucose regulation. Consult with a physician before use if you have a serious medical condition or use prescription medications. A doctor's advice should be sought before using this and any supplemental dietary product.

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## FUNCTIONAL CONSTITUENTS

### HOLY BASIL (TULSI)

- **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.\*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.\*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.\*

#### Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

### BLESSED THISTLE

- **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.\*

#### Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

### SENNA LEAF

- **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 Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

### GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.\*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.\*

#### Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>
- <https://pubmed.ncbi.nlm.nih.gov/22494376/>

### PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.\*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.\*

#### Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

### MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.\*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.\*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.\*

#### Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

### CHAMOMILE

- **Flavonoids:** Antioxidants that protect cells, reduce inflammation, and support heart health. Found in plants, they boost immunity, promote circulation, and enhance overall wellness.\*
- **Carotenoids:** Natural compounds with anti-inflammatory, antioxidant, and antimicrobial properties. They support immune function, promote respiratory health, and aid in stress relief.\*

#### Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9822300/>
- <https://pubmed.ncbi.nlm.nih.gov/36297396/>

### LICORICE ROOT

- **Glycyrrhizin:** Supports immune function, reduces inflammation, and promotes liver and respiratory health.\*
- **Flavonoids:** Powerful antioxidant and anti-inflammatory compounds, supporting immune function, protecting liver health, and promoting respiratory wellness.\*

#### Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7123875/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7175350/>

*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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