

# Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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## suggested use

- 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.

## 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

## ingredient highlights

- **Holy Basil (Tulsi):** A powerful adaptogen, Holy Basil helps manage stress, promote mental balance, and strengthen immunity. Its antioxidants combat oxidative stress, while anti-inflammatory properties may alleviate arthritis. It also supports respiratory health by easing asthma and bronchitis symptoms and helps regulate blood sugar and improve insulin sensitivity.\*
- **Marshmallow Root:** This soothing root forms a gel-like substance that relieves coughs, sore throats, and respiratory discomfort. It eases digestive issues such as gastritis and ulcers, while its anti-inflammatory properties reduce inflammation and enhance overall well-being.\*
- **Blessed Thistle:** Known for stimulating appetite and relieving bloating, this herb supports lactation and promotes liver and gallbladder health by enhancing bile production. Its anti-inflammatory and antioxidant compounds protect cells and reduce inflammation.\*

## product summary

This revitalizing tea blends the health-boosting properties of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root to support overall well-being. Holy Basil helps manage stress and promote mental balance, while Marshmallow Root soothes sore throats and aids digestion. Blessed Thistle relieves bloating and supports liver and gallbladder health with its powerful anti-inflammatory benefits.

Papaya aids digestion, reduces inflammation, and boosts immunity, while Ginger Root improves gut health, eases nausea, and promotes joint comfort. Senna Leaf offers gentle detoxification and supports natural bowel regularity. Rich in antioxidants, this tea combats oxidative stress, strengthens immunity, supports weight management, and regulates blood sugar, delivering balance and vitality in every sip.\*

## benefits

- **Boosts Metabolism:** Holy Basil (Tulsi) Tea is believed to boost metabolism, potentially aiding calorie burning.\*
- **Natural Detoxifier:** Often regarded as a natural cleanser, Holy Basil (Tulsi) Tea may help eliminate toxins from the body.\*
- **Supports Digestion:** When paired with ginger, Holy Basil (Tulsi) Tea effectively aids digestion, promoting improved nutrient absorption and overall gut health.\*
- **Eases Stress:** Renowned for its adaptogenic properties, Holy Basil (Tulsi) Tea may help reduce stress, which can positively impact eating habits and overall well-being.\*

## responsible cautions

- Holy Basil (Tulsi) Tea may modify glucose regulation.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

\*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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## main 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.\*
- **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.\*
- **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/>

### 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.\*
- **Antioxidants:** Phenolic compounds and vitamin C help reduce oxidative stress, boost immunity, and enhance overall well-being.\*

#### 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/>

### 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/>