

# Tulsi Trim Tea

original holy basil detox tea

**HB**Naturals  
PRODUCT INFORMATION PAGE



## suggested use

- 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.

## ingredients

Organic *Ocimum tenuiflorum* (Holy Basil), Organic *Althaea officinalis* (Marshmallow) Root, Organic *Cnicus benedictus* (Blessed Thistle), Organic *Cassia angustifolia* (Senna) Leaf, Organic *Carica papaya* (Papaya) Fruit Extract, Organic *Zingiber officinale* (Ginger) Root, Organic *Matricaria recutita* (Chamomile) Flower, Organic *Glycyrrhiza glabra* (Licorice) Root

## ingredient highlights

- **Holy Basil (Tulsi):** A powerful adaptogen that helps manage stress, enhance mental clarity, and support immunity. Rich in antioxidants and anti-inflammatory compounds, it combats oxidative stress, promotes joint health, and aids respiratory function. It may also help regulate blood sugar and improve insulin sensitivity.\*
- **Licorice Root:** This naturally soothing root supports respiratory health by calming coughs, easing sore throats, and reducing irritation. It also promotes digestive wellness, helping to relieve acid reflux, ulcers, and gastrointestinal discomfort. With its potent anti-inflammatory properties, licorice root helps reduce inflammation and supports adrenal health for balanced energy and over well-being.\*
- **Chamomile Flower:** Known for relaxation and digestion, chamomile helps ease bloating, reduce inflammation, and soothe the gut. Its antioxidants support liver function, protect cells, and promote restful sleep.\*

## product summary

This powerful herbal blend is designed to promote stress relief, digestion, detoxification, and overall vitality. With its natural adaptogenic properties, it helps balance mood, strengthen immunity, and support the body's response to stress.

Soothing and restorative, it supports gut health, eases bloating, and encourages gentle detoxification, promoting liver function and natural bowel regularity. Its calming properties also aid relaxation, reduce inflammation, and support restful sleep, making it the perfect addition to your daily wellness routine.

Rich in antioxidants, Tulsi Trim helps combat oxidative stress, regulate blood sugar, and support weight management, delivering balance, clarity, and vitality in every sip!\*

## benefits

- **Flushes toxins** to support a natural body cleanse, helping to remove impurities and restore balance for overall wellness.\*
- **Promotes gut balance** by eliminating harmful waste and supporting a healthy microbiome, which is essential for digestion and detoxification.\*
- **Enhances nutrient absorption** by clearing out built-up toxins, allowing the body to more efficiently absorb essential vitamins and minerals.\*
- **Supports liver function** by aiding in the breakdown and elimination of toxins, ensuring the body's natural detox pathways work optimally.\*

## 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.\*
- **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/>

### 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/>