

# Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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PRODUCT INFORMATION PAGE



## 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.

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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/>

# Soursop Fusion Tea

nature's powerhouse for vitality & wellness

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## suggested use

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

## ingredients

Organic *Annona muricata* (Graviola) (Soursop) Leaf Powder, *Astragalus*, *Panax quinquefolius* L. (Ginseng), *Curcuma longa* (Turmeric), *Myrciaria dubia* (Camu Camu)

## ingredient highlights

- **Soursop:** This nutrient-packed fruit is known for its immune-boosting and anti-inflammatory properties. Rich in antioxidants, it supports cellular health, digestion, and energy while promoting overall well-being.\*
- **Astragalus:** A powerful adaptogen that supports immune function, reduces inflammation, and boosts energy levels. Known for its antioxidant properties, it also promotes heart health, enhances stress resilience, and supports overall vitality.\*
- **Ginseng:** A potent adaptogen known for boosting energy, enhancing focus, and reducing stress. It supports immune health, promotes mental clarity, and improves overall resilience and well-being.\*

## product summary

Soursop Fusion Tea is a powerhouse blend of natural ingredients carefully chosen to support overall health and vitality. Soursop, known for its rich nutrient profile, is packed with antioxidants that help combat free radicals, reduce inflammation, and support immune health. Astragalus, a well-known adaptogen, enhances the body's ability to handle stress, strengthens the immune system, and promotes cardiovascular health. Together, these ingredients create a tea that not only nourishes the body but also helps maintain balance and resilience.\*

This unique blend also features turmeric, ginseng, and camu camu, adding even more health benefits to every sip. Turmeric is revered for its potent anti-inflammatory and antioxidant properties, which support joint health and promote digestion. Ginseng boosts energy, improves focus, and enhances the body's natural defenses, while camu camu, rich in vitamin C, strengthens immunity and supports skin health. Soursop Fusion Tea is more than a beverage - it's a daily ritual for a healthier, more balanced lifestyle.\*

## benefits

- **Boosts Immunity:** Packed with antioxidants to strengthen the immune system and fight free radicals.\*
- **Reduces Inflammation:** Combines turmeric and soursop to promote a healthy inflammatory response.\*
- **Enhances Energy:** Ginseng and astragalus help improve focus and support natural energy levels.\*
- **Supports Digestion:** Aids in gut health and nutrient absorption for overall well-being.\*

## responsible cautions

- 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.

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# Soursop Fusion Tea

nature's powerhouse for vitality & wellness

## main constituents

### SOURSOP

- **Acetogenins:** These naturally occurring compounds found in plants like soursop are known for their powerful health benefits. They are celebrated for their potential to support cellular health by targeting abnormal cells, promoting a healthy inflammatory response, and providing antioxidant protection. Additionally, acetogenins may aid in boosting immunity and supporting overall well-being, making them a valuable addition to a balanced lifestyle.\*
- **Alkaloids:** Naturally occurring compounds found in many plants, known for their diverse health benefits. They exhibit powerful properties such as reducing inflammation, supporting immune function, and promoting pain relief. Additionally, alkaloids can help protect against infections, support cardiovascular health, and improve overall well-being, making them vital components of various traditional and modern health practices.\*
- **Flavonoids:** These natural compounds found in fruits, vegetables, and herbs, are celebrated for their powerful health benefits. They are rich in antioxidants, helping to combat oxidative stress and support heart health. Flavonoids have anti-inflammatory properties, boost immune function, and promote brain health. These versatile compounds play a vital role in protecting against chronic diseases and supporting overall health and well-being.\*

#### Clinical studies for Soursop:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8878098/>
- <https://pubmed.ncbi.nlm.nih.gov/26184167/>

### ASTRAGALUS

- **Polysaccharides:** These complex carbohydrates are found in foods like mushrooms, seaweed, and plants, and offer numerous health benefits. They support immune function by enhancing the body's natural defenses, promote gut health by acting as prebiotics, and provide sustained energy. Additionally, polysaccharides have antioxidant and anti-inflammatory properties, helping to protect cells and support overall well-being.\*
- **Saponins:** These plant-based compounds are known for their diverse health benefits. They help lower cholesterol levels, support immune function, and reduce inflammation. With antioxidant properties, saponins protect against oxidative stress and promote liver health. Additionally, they may combat viruses, bacteria, and parasites, making them a valuable part of a balanced, health-focused lifestyle.\*

#### Clinical studies for Astragalus:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7105737/>
- <https://pubmed.ncbi.nlm.nih.gov/38659573/>

### GINSENG

- **Ginsenosides:** Known for their powerful health benefits, ginsenosides help boost energy, enhance cognitive function, and support immune health. Additionally, ginsenosides exhibit anti-inflammatory and antioxidant properties, promote cardiovascular health, and aid in reducing stress, making them a key contributor to overall health and well-being.\*
- **Peptides:** These short chains of amino acids play a crucial role in many biological functions. Known for their regenerative properties, peptides can support skin health, boost collagen production, and improve wound healing. They also aid in muscle recovery, enhance immune function, and promote overall cellular health, making them essential for maintaining vitality and well-being

#### Clinical studies for Ginseng:

- <https://www.ncbi.nlm.nih.gov/books/NBK67758/>
- <https://pubmed.ncbi.nlm.nih.gov/21154383/>

### TURMERIC

- **Curcuminoids:** Best known for their strong anti-inflammatory and antioxidant properties, which help reduce inflammation, combat oxidative stress, and support joint and heart health. Curcuminoids may also boost immune function, promote brain health, and support overall well-being, making them a valuable addition to a healthy lifestyle.\*

#### Clinical studies for Turmeric:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3535097/>
- <https://pubmed.ncbi.nlm.nih.gov/19594223/>

### CAMU CAMU

- **Vitamin C (ascorbic acid):** Vitamin C, also known as ascorbic acid, is an essential nutrient with powerful health benefits. It supports a strong immune system, helps protect cells from oxidative stress, and promotes healthy skin by boosting collagen production. Vitamin C also aids in wound healing, enhances iron absorption, and supports overall energy and vitality, making it a cornerstone of good health.\*

#### Clinical studies for Camu Camu:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296744/>
- <https://pubmed.ncbi.nlm.nih.gov/31816536/>

# Black Seed Oil

3,000 mg Thymoquinone

1 ounce

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## ingredients

Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

## suggested use

- Shake well before each use. Take up to 30 drops (1 full dropper or 1ml).

## responsible cautions

- May increase the effect of anticoagulant drugs.
- 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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## product summary

Black Seed (*Nigella Sativa*) is a traditional herb that has been used for centuries to promote health and general well-being.

Also known as Black Cumin, Black Caraway, or the "Blessed Seed", Black Seed has a rich and diverse chemical composition containing the phytochemicals thymoquinone and crystalline nigellone, antioxidants, amino acids, proteins, carbohydrates, essential fatty acids, and minerals like calcium, iron, and potassium.\*

Since 1959, over 500 peer-reviewed studies at international universities and untold journal articles have been published on this multi-faceted herb, and many of Black Seed's components are still being discovered and researched.\*

Millions of people in Asia, the Middle East, Eastern Europe, and Africa have used Black Seed for thousands of years to support the body with a variety of concerns like respiratory health, stomach and intestinal complaints, circulatory and immune system support, and skin conditions.\*

Black Seed may support metabolism and improve digestion, and published studies have shown that it may have a healthy effect on blood sugar levels.\*

Thymoquinone, the chief bioactive constituent in Black Seed, holds promising pharmacological properties against several diseases. It exhibits outstanding antioxidant, anti-inflammatory, anticancer, and other important biological activities.\*