Holy Basil Extract

450 mg * Promotes Centered Calmness



enlarge bottle

Holy basil (known as tulsi in Ayurveda) is one of the primary botanicals used in India for reducing the negative effects of stress by lowering cortisol production in the adrenals. In vitro research shows the ursolic acid in holy basil inhibits COX-2, an inflammatory enzyme. As a powerful adaptogen, it helps maintain normal blood sugar levels when used as part of your diet, as well as promote focused clarity.

Supplement Facts

Serving Size: 1 capsules

	Amount	%DV
Holy Basil Leaf Extract 5:1 Yielding 9 mg Ursolic Acid	450 mg	†

Other Ingredients: gelatin (capsule), microcrystalline cellulose, and magnesium stearate.

Warning: DO NOT USE if you are pregnant or breastfeeding, or if you intend to or may become pregnant.

Suggested Use: 1 capsule daily between meals, or as recommended by your health care professional.

Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, salt, preservatives or artificial color, flavor or fragrance.

SN1808 60 caps • SN1809 120 caps

In - Depth Info

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One of the primary botanicals used in India for reducing the negative effects of stress by...

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