Holy Basil 20-8-8-5 Standardized

Holy Basil is a powerful adaptogen that helps the body overcome stress while calming the mind, uplifting the spirit, and restoring tranquility. It eases anxiety and nervous irritability and helps those with stress related health conditions. It also promotes healthy glucose levels, acts as a powerful antioxidant and fights inflammation.

Holy Basil (Ocimum sanctum), also known as Tulsi, is one of the most highly regarded plants in Ayurvedic medicine. It has been used for centuries in India to treat an array of conditions such as inflammation, digestive complaints, asthma, arthritis, and skin conditions. In the West it is most well known for its ability to counteract stress, calm the mind and lift the spirit. Accordidng toherbalists, Holy Basil is an adaptogen that promotes a healthy stress response and can protect one from breakdown due to chronic stress, emotional turmoil or work overload. Research shows that Holy Basil counteracts stress-induced changes in neurotransmitters and enzymes. It normalizes and brings balance to biochemicals in the body's stress center such as cortisol, epinephrine and dopamine. Holy Basil is helpful for individuals with stress-related conditions, such as anxiety, irritability, depression, irritable bowel, digestive disorders, hormonal fluctuations, adrenal fatigue, insomnia, and immune deficiency. Holy Basil encourages emotional well-being and restores homeostasis to individuals who feel like stress has gotten the best of them.

Who can benefit from this supplement?

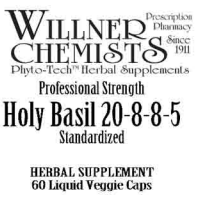
Those suffering from anxiety, irritability or mild depression; those living a fast-paced, high stress lifestyle; those who need help maintaining normal glucose and cortisol levels; those suffering from various types of inflammation. Research supports the traditional claims for Holy Basil's role in glucose metabolism, and hypoglycemic effects. A 1996 study involving patients with type 2 diabetes reported a significant decrease in the patients' fasting blood glucose levels when treated with holy basil compared to treatment with placebo. Total serum cholesterol levels were also reduced. A more recent 2006 study found that Holy Basil stim ulates insulin secretion from the pancreas, which contributes to the plants anti-diabetic action. In addition, Holy Basil decreases the stress hormone cortisol, which rises when one is exposed to chronic stress. Elevated cortisol levels trigger the body to produce more glucose causing an unhealthy increase in blood glucose levels. This can also result in weight gain. Holy Basil can be helpful for those with type-2 diabetes, prediabetes, or rapid blood sugar swings.

Why is the Phyto-Tech™ Holy Basil liquid filled veggie cap standardized to 20-8-8-5?

Holy Basil contains numerous polyphenols such as eugenol, ursolic acid and rosmarinic acid that act as powerful antioxidants to fight free radicals and protect cells from oxidative damage. These compounds also fight inflammation and inhibit production of cyclooxygenase-2 (COX-2) enzymes. A study published in Phytomedicine measured the activity of Holy Basil's phenolic compounds and found the COX-2 inhibitory activity of the compounds to be comparable to ibuprofen, naproxen and aspirin. Holy Basil is therefore indicated for relieving inflammation and pain caused by arthritis, tendonitis, bursitis, sports injury and physical overuse. *Phyto-Tech™ Holy Basil liquid filled veggie caps is standardized to 20 mg Eugenols, 8 mg Caryophyllene, 8 mg Rosparinic Acid and 5 mg Ursolic Acid. Each liquid filled veggie cap contains the following: Holy Basil Leaf Alc Extract (certified organic), 300 mg; Holy Basil Supercritical Extact, 150 mg; Lecithin Soy Non GMO, Cellulose Mod Vegetable, Chlorophyll. The usual dosage is one capsule 2 times daily.*

60 Veggi Caps (Liquid Fill) - Prod Code 0 1







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