

HOLY BASIL

FULL SPECTRUM SUPERCRITICAL CO₂ EXTRACT

Maintains Healthy Cortisol Levels*

Promotes Feeling of Emotional Well-Being*

Promotes COX-2 Modulation*

DOSAGE

Liquid Phyto-Caps: 1 capsule, 2 times daily

DURATION OF USE

3 months

BEST TAKEN

Between meals, with water



Supplement Facts

Daily Serving Size 2 Capsules
Servings Per Container 30

Amount Per 2 Capsules	mg
Calories 14	
ALCOHOL FREE CONCENTRATED EXTRACTS OF:	
Holy Basil, Hydro-ethanol Extract (<i>Ocimum sanctum</i>) ▲	200 mg†
Holy Basil Supercritical CO ₂ Extract (<i>Ocimum sanctum</i>) +	100 mg†
WHOLE PLANT STANDARDIZATION PROCESS™ PROFILE	
Bioactivity Per 2 Capsules	
Total Eugenols (measured as Eugenol and Methyl Eugenol)	17 mg†
Rosmarinic acid	7.6 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, soy lecithin, olive oil, vegetable cellulose (capsule).

▲ = Organic Ingredient + = Ecologically Harvested

HISTORY

Holy Basil or "Tulsi" has long been used in Ayurvedic medicine to support a healthy response to stress, maintain blood sugar levels within a normal range, promote longevity, nourish the mind and elevate the spirit. Revered by Ayurvedic practitioners as "the incomparable one," this herb's documented actions on the body date back thousands of years. Today, we know that Holy Basil contains a variety of constituents, including eugenol, camphor, caryophyllene, ursolic acid, luteolin and apigenin that function collectively to normalize stress-related neuroendocrine hormones and enhance immune function.*

Holy Basil exhibits impressive adaptogenic activity. Helping the body adapt to stresses of various kinds, this plant has a normalizing, broad-spectrum action that maintain homeostasis.*

A popular general tonic, Holy Basil maintains equilibrium among biochemicals associated with the stress system in the body. This system involves neuroendocrine and immune structures that produce a variety of chemicals, including cortisol, epinephrine, dopamine, and inflammatory mediators, responsible for maintaining balance of all body systems and promoting health and vitality.*

As a natural consequence of maintaining a healthy stress system in the body, Holy Basil enhances emotional well being by encouraging the release of hormones associated with a positive state of mind, and discouraging the release of hormones associated with too much stress.*

Holy Basil is also showing great promise in promoting

healthy blood sugar levels in persons with normal levels. Maintaining a healthy blood sugar level is critical to promoting optimal health.*

Holy Basil also has an inflammatory-cascade normalizing action that promotes the healthy metabolism and activity of arachadonic acid, prostaglandins, leukotrienes and platelets. When tissues are stressed, it is important to keep these compounds within the healthy range.*

The body normally responds to stress by activating what is known as the inflammatory cascade. Essentially, the immune system's cells send out signals telling the stressed area to protect and repair itself. Scientific research has demonstrated, however, that it is important to maintain this response at an appropriate level.*

Holy Basil is a natural COX-2 enzyme modulator. By stopping the cascading effect caused by COX-2 enzyme, Holy Basil helps to maintain many of the body's functions in a healthy range. Holy Basil is also an anti-oxidant that helps to support the body's functions and maintain them in a normal range by neutralizing free radicals.*

Holy Basil promotes healthy communication between the immune system and strained cells, supporting the body's natural, shielding response to environmental stressors such as free radicals.*

This remarkable herb contains an assortment of chemical constituents that encourage a healthy stress system, immune system and hormonal balance. Used regularly, it functions to enhance the body's natural resistance and

adaptation to stressful influences. Likewise, Holy Basil supports mental endurance and promotes overall metabolic efficiency and longevity.*

SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit www.gaiaherbs.com to obtain information regarding potential contraindications and/or side effects that may be associated with the herbal extract found in this product.*

KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit www.gaiaherbs.com to obtain information regarding any possible drug interactions that may be associated with the herbal extract found in this product.*

REFERENCES

Agrawal P, Rai V, Singh RB. Randomized placebo-controlled, single blind

trial of Holy Basil leaves in patients with noninsulin-dependent diabetes mellitus. *Int J Clin Pharmacol Ther.* 1996 Sep;34(9):406-9.

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Gholap S, Kar A. Hypoglycaemic effects of some plant extracts are possibly mediated through inhibition in corticosteroid concentration. *Pharmazie.* 2004 Nov;59(11):876-8.

Rai V, Iyer U, Mani UV. Effect of Tulasi (*Ocimum sanctum*) leaf powder supplementation on blood sugar levels, serum lipids and tissue lipids in diabetic rats. *Plant Foods Hum Nutr.* 1997;50(1):9-16.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.