

**PLANETARY**  
**HERBALS**

# HOLY BASIL EXTRACT

PROMOTES CENTERED CALMNESS\*

450 MG • 60 CAPSULES



HERBAL SUPPLEMENT

Approved by  
Michael Tierra L.Ac, O.M.D

*Michael Tierra*

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Holy Basil Leaf Extract	450 mg†

†Daily Value not established.

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

**Suggested Use:** 1 capsule daily between meals.

**WARNING: DO NOT USE** if you are pregnant, may become pregnant, or breastfeeding.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Holy basil (also known as tulsi) is one of the primary botanicals used in Ayurvedic practice in India. It is a powerful adaptogen that helps your body adapt to the negative effects of stress. During times of stress, our bodies secrete higher levels of cortisol. Preliminary research has suggested that holy basil may help maintain normal cortisol levels, support healthy adrenal glands, and help maintain normal blood sugar levels.\*

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured for:  
© PLANETARY HERBALS, LLC  
P.O. BOX 1760  
SOQUEL, CA 95073  
www.planetaryherbals.com

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