



Tulsi powder

Removes excess kapha from the lungs and upper respiratory tract*

Promotes clear, comfortable breathing*

Promotes healthy weight management*

Supports healthy circulation and a normal body temperature*

Tulsi (*Ocimum sanctum*) is one of the most sacred plants in India and is often kept in courtyards and houses for its purifying and beneficial influence on its surroundings. It removes excess kapha from the lungs and upper respiratory tract promoting clear, comfortable breathing. Tulsi promotes healthy circulation and supports proper function of the heart. It strengthens digestion and supports proper weight management. Tulsi bolsters the immune system and is useful for maintaining a normal body temperature. Highly sattvic in nature, it heightens awareness and promotes mental clarity.*

Suggested Use: ¼ to ½ teaspoon with warm water, once or twice daily, or as directed by your health practitioner.

Not to be used during pregnancy. If you are nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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.

Supplement Facts

Serv Size: ½ tsp

Servings: 210

Amount Per Serving

Holy Basil leaf (Tulsi), <i>Ocimum sanctum</i> *	½ tsp**
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*Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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