

Suggested Usage: Take 1 capsule 1 to 2 times daily, preferably with food.

Holy Basil is revered as a sacred plant in Ayurveda, the ancient traditional herbal system of India. Holy Basil has more recently been shown to possess powerful adaptogenic properties with the ability to enhance the body's healthy response to normal daily life stress. In addition, scientific studies have demonstrated that Holy Basil may support healthy carbohydrate metabolism and normal glucose management.*

*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.

Caution: For adults only. Not recommended for pregnant or nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.
Keep in Bottle.

CODE 3124 v5



CAPSULE SIZE



Holy Basil Extract 500 mg

Adaptogenic Herb

- Helps Body Adapt to Daily Life Stress
- Supports Normal Carbohydrate Metabolism*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Holy Basil Extract (Tulsi Extract) (Leaves) (<i>Ocimum tenuiflorum</i>) (Standardized to min. 2% Ursolic Acid)	500 mg*
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* Daily Value not established.

Other ingredients: Cellulose (capsule), Silica, Rice Flour and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

