

## Holy Basil Leaf

Holy Basil supports a healthy response to stress, while nourishing the mind and elevating the spirit.\* Gaia Herbs uses dual extraction technology to deliver the broad spectrum of herbal constituents within Holy Basil Leaf. Supercritical extraction provides fat-soluble constituents, while water-soluble constituents are extracted with water and alcohol.

## Suggested Use

**Adults take 1 capsule 2 times daily between meals.**

*Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.*

Holy Basil

gaia<sup>®</sup>  
HERBS

VALUE  
SIZE

Single Herbs

# Holy Basil Leaf

Supports a healthy  
response to stress\*

meetyourherbs<sup>®</sup>

Enter ID # at GaiaHerbs.com



VEGETARIAN LIQUID PHYTO-CAPS<sup>®</sup>  
DIETARY SUPPLEMENT

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## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

### Amount Per Serving

Calories 5

Holy Basil leaf extract ▲  
(Ocimum sanctum) 292 mg†

Holy Basil leaf supercritical extract +  
(Ocimum sanctum) 190 mg†

(8.5 mg† Eugenols from both extracts)

† Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), water, and capsule (vegetable cellulose)

▲ = Organic Ingredient

+ = Ecologically Harvested

Gaia Herbs, Inc., 101 Gaia Herbs Dr., Brevard, NC 28712

Each capsule contains 2,500 mg dry herb equivalent.



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\*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.