

Steeped in a healthy lifestyle*

Our mission has remained unchanged for nearly 30 years—offer the highest quality herbal supplements to support your health.* One satisfying way of including herbs in daily life is through the ritual of drinking tea. Our respect for this ancient practice is reflected in the quality of our herbs and in tea bags that use no staples or glue.

A partnership of mutual beliefs

This tea is produced in Tuscany, Italy, by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality and a deep respect for science and nature working in harmony.



C30020
[001] 863-0217

gaia
HERBS

With
Essential Oil



Holy Basil

Essential Tulsi

Helps support a sense
of calm and tranquility*

Herbal Dietary Supplement



16 (1.8 g) TEA BAGS Net Wt. 1.02 oz (28.8 g) CAFFEINE-FREE

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	less than 1 g	<1%*
Dietary Fiber	less than 1 g	2%*
Sodium	25 mg	1%
Tulsi (Holy Basil) leaf and flower ▲ (Ocimum sanctum)	1791 mg	†
Tulsi (Holy Basil) leaf and tops essential oil ♦ (Ocimum sanctum)	9 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

▲ = Organic ingredient
♦ = Ecologically harvested

Distributed by: Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth
Manufactured for Gaia Herbs by
Aboca S.p.A. - Italy

PRODUCT OF ITALY

* 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.

Best by:

Lot No:

Twice as Nice, with Tulsi Leaf and Essential Oil*

Nourish your well-being with *Essential Tulsi*, which blends both the leaf and essential oil of Holy Basil for a fragrant, rich taste that's noticeably different.* Earthy and calming, this herbal tea can help you feel centered as it supports a healthy response to the stresses of life.*

Directions

Adults pour one cup of freshly boiled water over tea bag and steep, covered, for 10 minutes. Drink daily as needed. Also try Gaia Herbs *Holy Basil Leaf* Liquid Phyto-Caps®.

If you are pregnant or breast-feeding, have a medical condition or take medications, please consult with your doctor before using this product. **Keep away from children.**

Track the life story of each herb in your tea by entering its ID# at GaiaHerbs.com

meet your herbs®