



Our cartons are made from 100% recycled fibers, including 40% post-consumer material. Our glass bottles contain at least 48% recycled content.

Himalaya
SINCE 1930

NON-GMO
GLUTEN FREE



The original name for Holy Basil was Tulasi, which refers to a figure considered the most devout in the ancient mythology of India, alluding to the effect it has on focus, meditation and attention.*

Researchers have found that several compounds in Holy Basil may exert a positive effect on the stress response system.*

Featured herb on front: Holy basil (aerial parts)

GLUTEN FREE • cGMP • VEGAN FRIENDLY



WHEAT CORN SOY DAIRY

No ingredients of animal origin

HAPPINESS THROUGH WELLNESS

Crafting traditional medicines based on Ayurveda, a 5,000 year old science that believes the journey back to wholeness begins with nurturing the capacity for joy.

Trusting the gifts of nature and the irreplaceable relationship between the plant and its native soil for consistent healing properties.

Contributing to the wellness of the earth by teaching our family of farmers to grow native plants sustainably on their land and reduce the demand on the local environment.

Building communities by advocating women in farming, protecting fair prices, providing maternal health, sponsoring clinical services and offering school wellness programs.

Believing that if wellness is the path to happiness, we must contribute to the wellness of all things. Wellness of people, wellness of the environment, wellness of our communities.

FAMILY OWNED FOR MORE THAN 85 YEARS

Lot No.:
Exp. Date:

Unvarnished area
28 x 8mm

Himalaya
SINCE 1930



HOLY BASIL

Promotes tranquility & relaxation*
Cultivates adrenal wellness*



Herbal Supplement

60 VEGETARIAN CAPSULES



Recommended Use:
Adults take 1 capsule twice daily before meals.

1 MONTH SUPPLY

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving

holy basil powder (leaf)	500 mg*
(0.4% Ursolic acid and Oleic acid, 2.0 mg)	

holy basil extract (leaf)	160 mg*
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holy basil supercritical CO ₂ extract (leaf) (Ocimum tenuiflorum)	60 mg*
(2.5% Ursolic acid and Oleic acid, 1.5 mg)	

*Daily Value not established

Other Ingredients: Plant based cellulose (capsule)

Manufactured by:
The Himalaya Drug Company
Makali, Bangalore 562 162 (INDIA)
Mfg. Lic. No: AUS-83

Distributed by:
The Himalaya Drug Company
1103 Gillingham Lane, Sugar Land, Texas 77478

Product of India

Questions? Please call 1-800-869-4640
or visit www.himalayausa.com

Caution: As with any supplement, consult a healthcare practitioner before use if you are pregnant, nursing, taking medication, have a medical condition or are planning any medical procedure. Discontinue use and consult a healthcare practitioner if any adverse reactions occur. Keep out of reach of children.

*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.