

Tulsi (Holy Basil) Tea

An incredible mixture of Rama & Krishna Tulsi (*Ocimum sanctum*) and Vana Tulsi (*Ocimum gratissimum*).

For over five thousand years, Tulsi, also known as Holy Basil, has been one of the most cherished healing herbs of India. Used for everything from general well-being to boosting the immune system, Tulsi is revered for its incredible healing properties.

ANTI-OXIDANT
SLEEP AID
ANTI-INFLAMMATORY

Tulsi's ability to heal both body and mind have made this herb a central component of Ayurvedic medicine. The considerable benefits of Tulsi are now also gaining much deserved recognition in the Western world.

This mixture of three basil provides a mild, but rich and delicious tea that is soothing and relaxing. A truly unique, naturally caffeine-free tea. Certified Organic.

benefits:

- Tulsi contains powerful adaptogens that can improve your body's ability to deal with stress.
- Tulsi is packed with free-radical fighting anti-oxidants and beneficial phytochemical compounds to help boost your immune system.
- Other benefits include supporting healthy vision, enhancing respiratory function, increasing metabolism, and helping to support healthy blood sugar levels and digestive health.

Available in: Loose leaf, 2oz bags

daily uses

HOW TO USE

- Prepare using a teapot with infuser, paper tea sachet, or traditional brewing methods. Try to avoid using small tea balls, as the leaves have less room to unfurl and develop their full flavor.
- Use one teaspoon per 8 ounces of water.
- Let steep to desired strength and enjoy.

	Daily Preventative	Illness & Disease Support Week 1	Illness & Disease Support Week 2	Illness & Disease Support Week 3
Less than 150 lbs	8-16 oz	16-24 oz daily	24-32 oz, daily	32-40 oz, daily
Less than 250 lbs	16-24 oz	24-32 oz, daily	32-40 oz, daily	40-48 oz, daily
Over 250 lbs	24-32 oz	48-60 oz, daily	56-62 oz, daily	62-70 oz, daily

RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Consult a qualified medical practitioner before use if taking prescription medications.
- Detox symptoms may occur with use.



organic tulsi tea

ingredients

100% Certified Organic Rama, Krishna, and Vana Tulsi.

notes



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

