



tulsi oil

THE DETAILS

what is tulsi?

Tulsi (Holy Basil) is an adaptogenic herb commonly used in Ayurvedic medicine. It is often called the “Queen of all herbs” and means “the incomparable one”.

In Ayurveda, Tulsi is classified as a rasayana, a herb that nourishes a person’s growth to perfect health and enlightenment and promotes long life.

the benefits*

- **Improved immune function.**
- **Improved resistance to stress and relieve symptoms of worry and nervousness.**
- **Supports a good night's sleep.**
- **Enhanced memory and cognitive function.**
- **Anti-inflammatory properties.**

*These statements have not been evaluated by the TGA. This information/product is not intended to diagnose, treat, cure or prevent any disease.

As with many herbs, there can be potential side effects and it is best to consult a healthcare professional if you are concerned. It is especially best to avoid Tulsi if you are pregnant, breastfeeding or on blood thinning medication.

recommended dosage

Start with one full dropper of Tulsi Oil.

This is only a starting recommended dosage. Once you have tried the Tulsi Oil and seen how your body reacts you can adjust the dosage accordingly.



about us

We are a small, Certified Organic family farm producing a diverse range of quality, nutrient dense food and healing products. We produce for the health of our family and community whilst caring for the land. Located in the southwest corner of Western Australia.



barrabuporganics.com.au

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