



## HERBAL INFORMATION SHEET

# Tulsi

## POSITIVE STRESS RESPONSE



Revered in India as “The Queen of Herbs,” **Tulsi** (also known as Holy Basil) is used to support immunity, stress response, and bolster the body’s natural detoxification process. **Tulsi** helps support healthy cortisol levels while optimizing the body’s response to physical, emotional, and environmental stressors. **Tulsi** lifts mood, stamina, and endurance with calm energy. This beloved herb is also known for its support of slow or emotional digestion and as an ally in supporting healthy respiratory function. We use three varieties of **Tulsi**: **Krishna**, **Rama**, and **Vana**, which combine to create a balanced blend, in flavor and in benefit. We use 100% organic **Tulsi** leaves and blossoms in our unique formula to bring you this extraordinary herb in its purest form.\*

| COMMON NAME          | AYURVEDIC NAME              | LATIN NAME                |
|----------------------|-----------------------------|---------------------------|
| <b>Krishna Tulsi</b> | <b>Holy Basil, Tulsi</b>    | <i>Ocimum sanctum</i>     |
| <b>Rama Tulsi</b>    | <b>Holy Basil, Tulsi</b>    | <i>Ocimum sanctum</i>     |
| <b>Vana Tulsi</b>    | <b>African Basil, Tulsi</b> | <i>Ocimum gratissimum</i> |

## TRADITION:

Tulasi, this herb’s traditional Ayurvedic name, can be broken into “Tula,” which means balance, and “Si,” which means horizontal line. **Tulasi**, then, is a name that suggests perfect balance and is a testament to this herb’s adaptogenic effects. **Tulsi** is an ancient Ayurvedic remedy that is celebrated in the earliest Ayurvedic texts. In India, **Tulsi** has a purifying presence and is traditionally grown in an earthenware pot in every family home or garden. **Tulsi** is honored in various ceremonies and **Tulsi** stems are crafted into mala beads, traditionally used to assist in meditation and prayer. Mala beads made from **Tulsi** are said to confer protection, good luck, and fortune upon the wearer. In the Hindu tradition, **Tulsi** is considered to be an earthly representation of Lakshmi who is the goddess of wealth, beauty, and prosperity.\*

KRISHNA TULSI



VANA TULSI

RAMA TULSI

For free online classes and more information about all of our herbs:  
<https://us.organicindia.com/education/> [organicindia.com](https://us.organicindia.com/)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



100% CERTIFIED ORGANIC HERBS • NON GMO PROJECT VERIFIED • GLUTEN FREE • VEGETARIAN • KOSHER • HALAL

*The*  
**POWER**  
*of* **REGENERATION**

Regenerative agriculture protects and restores the earth. Our farming practices incorporate comprehensive soil fertility management, crop rotation, composting, seed collection and planting and harvesting with lunar cycles. Regeneration doesn't stop with the land; we are regenerating communities through social programs, access to clean water, health care, and job skill trainings that empower and support some of India's most at-risk populations: women, widows, the elderly and illiterate.

*Respecting*  
**WHOLE HERB**  
**INTELLIGENCE**

We respect the intelligence of nature and keep our herbal formulas as close to their original form as possible. The compounds and microbial diversity maintained in minimally processed whole herbs provide the full spectrum of each herb's intelligence and effectiveness. We view every part of an herb as a valuable energetic gift that is magnified when taken as a whole.

*Proud to be a*  
**CERTIFIED**  
**B CORPORATION**

As a Certified B Corp, ORGANIC INDIA meets the highest standards of overall social and environmental performance, transparency, and accountability. We aspire to use the power of business to solve social and environmental problems. Consistent with our founding principles, the B Corp movement allows us to benchmark our performance against other sustainable businesses and identify areas where our business can have an even bigger impact. The B Corp Movement is putting theory into action by setting an objective standard for social and environmental performance, accountability, and transparency.



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*At the heart of ORGANIC INDIA is our commitment to be a Living Embodiment of Love and Consciousness in Action.*