

Tulsi (Holy Basil) Tea Blend

An adaptogenic tea blend traditionally used for calm energy and resilience.

Official Botanical Name: *Ocimum tenuiflorum*

Brief Description: Tulsi, also known as Holy Basil, is a sacred adaptogenic herb traditionally used for stress resilience, focus, and balanced energy.

Benefits

- Supports adaptogenic wellness routines
- Traditionally used for stress resilience
- Promotes calm focused energy
- Aromatic uplifting tea blend

Ways to Use

- Morning tea
- Afternoon focus support
- Adaptogenic wellness routines
- Hot or iced tea

Instructions

- Steep 1-2 tsp for 10 minutes.
- Enjoy warm or iced.
- Pairs well with lemon and honey.

Suggested Adult Use: 1-2 cups daily as desired.

Medication Warnings & Safety Notes: Use caution with blood sugar medication, blood thinners, pregnancy, breastfeeding, fertility concerns, or thyroid medication.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.