

PROPRIETARY NAME AND DOSAGE FORM

Tulsi Extract (CAPSULES)

COMPOSITION:

Each capsule, for oral administration, contains Tulsi Extract (Holy Basil), 500mg.

PHARMACOLOGICAL ACTION:

Holy Basil is classed as an adaptogen and as such can assist in improving mood, balancing hormones, fighting fatigue, and boosting the immune system. It can improve physical endurance. It is also known to be an antioxidant, and as such aids the body to detox.

INDICATIONS:

Chronic stress

Sleep disorders

Lowering cholesterol and blood sugar

Inflammation and joint pain

Digestive disorders

CONTRAINDICATIONS:

Pregnant and breastfeeding women. People on anti-coagulants.

WARNING:

Discontinue use at least 14 days before surgery or inform your anaesthetist that you have been using holy basil, as it can interfere with blood clotting. Diabetics and people with hypothyroidism. Holy basil might lower thyroxine levels. In theory, this could worsen hypothyroidism. People with high or low blood pressure need to monitor themselves closely.

DOSAGE AND DIRECTIONS FOR USE:

Adults take 1 to 3 capsules per day after meals.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Please refer to WARNING. No side effects are currently known.

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF TREATMENT:

Tulsi overdose may cause nausea and vomiting. Treatment should be symptomatic.

IDENTIFICATION:

Tulsi powder encapsulated in a size 00 capsule.

PRESENTATION:

Capsules sealed in a bag of 90 capsules.

STORAGE INSTRUCTIONS:

Store at or below 25° C **IN ORIGINAL PACKAGING** and protect from light and moisture. **KEEP OUT OF REACH OF CHILDREN.**

Complementary medication. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety, or intended use.

NAME AND BUSINESS ADDRESS OF MANUFACTURER AND DISTRIBUTOR:

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DATE OF PUBLICATION OF THIS PACKAGE INSERT: 17 October 2023