



30ml.

Root

AYURVEDIC





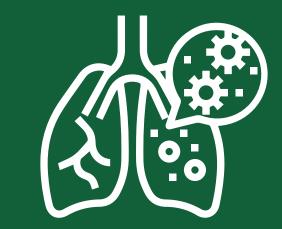












### **Respiratory Health**







**Digestive Health –** Tulsi is believed to aid digestion and help alleviate digestive discomfort. It may also have carminative properties that help reduce gas and bloating.



**Cardiovascular Health –** Some studies suggest that tulsi may help support cardiovascular health by promoting healthy blood pressure and lipid levels.

**Blood Sugar Controls -** There is some evidence to suggest that tulsi may help regulate blood sugar levels and support individuals with diabetes.



**Skin Health -** Topical application of tulsi drops or extracts is believed to have benefits for skin health, including potential antibacterial and anti-inflammatory effects.







Shyam Tulsi (Purple or Krishna Tulsi): Contains anthocyanins, giving it a purple color. May have antioxidant and anti-inflammatory properties. Traditionally used in Ayurveda for respiratory health and to support the immune system.

Shukla Tulsi (White or Rama Tulsi): Often considered the most revered variety. Believed to promote purity and holiness. May have similar benefits to other tulsi varieties, including stress reduction and immune support.

Ram Tulsi: Often referred to as a mild version of Shukla Tulsi. May have similar benefits to other tulsi varieties, including potential

### Kali Van Tulsi:

Grows in the wild and is known for its strong aroma. May have antimicrobial and anti-inflammatory properties. Used in traditional medicine for various health issues.

Safed (White) Tulsi: Also known as Kapoor Tulsi. Contains compounds like camphor, which contribute to its distinctive aroma. May be used for its potential soothing and aromatic properties.























# Who can use it?

















## KETO DIET





# Hot to use it? 4-5 drops with water / tea / milk

4-5 drops with water / ted / milk
2-3 times a day regularly
or use as directed by physician.







