

## **“Tulsi Capsules” – 600mg each**

### **PRICE:**

10's Capsules R30

120's Capsules R200

DOSAGE: take 1-3 capsules per day, no less than 2 hours before or 2 hours after chronic medication. Do not exceed this dosage. Not to be used by children under the age of 16 years.

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FAQs : "Frequently Asked Questions" about **“Tulsi Capsules”**

### **► Question 1: What is Tulsi?**

“Ocimum sanctum”, a.k.a. “Tulasi” and “Holy Basil”

Tulsi is an herb native to the tropical and subtropical regions Southeast Asia, Australia and Malesia. Tulsi is rich in antioxidants and has anti-inflammatory properties, which makes it effective in treating various diseases and infections like colds, coughs, and respiratory infections. It also boosts immunity power, improves digestion, and reduces stress levels.

### **► Question 2: What type and size of capsules are used?**

600mg Size 00 “Bovine Gelatin” Capsules

~ Certified Halal & Kosher ~

✨ ✨ ✨ NB: Kindly note: These capsules are also available in “VEGAN CAPSULES”, upon request.

### **► Question 3: Does this “Tulsi Capsules” contain any fillers?**

NO

### **► Question 4: What are the benefits of “Tulsi Capsules”?**

- High in vitamin A and C, calcium, zinc, iron, chlorophyll
- Analgesic [painkiller]
- Antibacterial
- Antidepressant
- Anti-inflammatory
- Anti-microbial
- Antiviral
- Anxiety
- Bronchitis
- Chronic fatigue

- Concentration
- Healing of wounds
- Insomnia
- Insulin resistance
- Joint pains
- Lowers blood sugar levels
- Lowers LDL cholesterol
- Metabolism
- Mouth ulcers
- Protects body against toxins
- Respiratory tract infections
- Sexual performance
- Sore throat
- Stomach acids
- Stress
- Wet & dry cough

► **Question 5: What is the side effects of “Tulsi Capsules”?**

1. Excess intake of Tulsi is linked with eugenol overdose. Eugenol is said to reduce respiratory problems, but an overdose could result in poisoning. The common symptoms of the same include fast breathing, blood present in the urine, and blood while coughing.
2. The ursolic acid content can affect the menstrual cycle.
3. Despite having natural origins, holy basil has medicinal properties. So, as with all supplements, a person should take precautions when using the herb for health purposes.
4. It can reduce blood sugar to a dangerously low level, particularly for people with diabetes.
5. Importantly, people should avoid combining holy basil with pharmaceutical medications without first checking with your own Medical Doctor and/or Oncologist.
6. Tulsi may cause sleepiness and slow breathing, so taking it in combination with sedatives may increase these effects.

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Tulsi Capsules”

► **Question 6: Who cannot use “Tulsi Capsules”?**

- Not to be used by pregnant, lactating women.
- Children under the age of 16.
- See answer to Question 5.

► **Question 7: Is “Tulsi Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client's own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our website: [www.dianas.co.za](http://www.dianas.co.za)

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Tulsi Capsules”

► **Question 8: What is the required dosage:**

- Adults may take 1-3 capsules per day, no less than 2 hours before or 2 hours after chronic medication.
- Do not exceed this dosage
- Not to be used by children under the age of 16 years.
- Important to consult your own Medical Doctor and/or Oncologist prior to using “Tulsi Capsules”

► **Question 9: Is “Tulsi Capsules” addictive or habit forming?**

NO

► **Question 10: Will you experience any withdrawal symptoms when quit using “Tulsi Capsules”?**

NO

► **Question 11: How soon after I start using “Tulsi Capsules” will I notice a difference?**

Some people may experience the benefits immediately, or after several days. In some cases, it may take longer.

► **Question 12: What is the shelf life of “Tulsi Capsules”?**

The shelf life is +- 1 year from the date of purchase.

Important to store your “Tulsi Capsules” away for heat and direct sunlight.