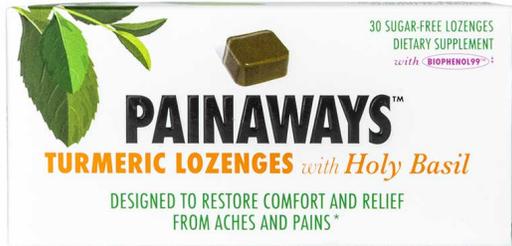




PainAways™ -- with Curcumin and Holy Basil Extract and Basil Oil



Holy basil is a health-related herb that originates from India dating back many thousands of years. Its properties are so special that **it has been called ‘The Elixir of Life,’ ‘Liquid Yoga’ or ‘Queen of the Herbs.’**

In the health-related literature, **Holy Basil** is reported to provide **antibacterial, anti-diabetic, anti-carcinogenic, anti-depressant, immunomodulatory, anti-inflammatory, cardioprotective, neurogenesis, and other beneficial characteristics.** Holy Basil can provide **muscle relaxation and sedation** and it is also active as an **antioxidant, neuroprotective, and cognition-enhancing supplement.***

Reference: <https://www.mdpi.com/2223-7747/13/24/3516>

Harnessing the Antibacterial, Anti-Diabetic and Anti-Carcinogenic Properties of Holy Basil (also known as *Ocimum sanctum* Linn or Tulsi)

Department of Biotechnology, Yeungnam University, Gyeongsan 38541, Republic of Korea
Department of Nutrition and Hospitality Management, The University of Mississippi, Oxford, MS 38677

A comprehensive literature review was conducted on **24 human clinical studies reported** on the use of **Holy Basil.** This report, referenced below, showed that **holy basil has antidepressant and anti-anxiety properties and has successfully addressed sleep problems, forgetfulness and exhaustion.**

Reference: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5376420/>

The Clinical Efficacy and Safety of Tulsi in Humans: A Systematic Review of the Literature

School of Health and Biomedical Sciences, RMIT University, Melbourne, VIC, Australia

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The information herein provided is for educational purposes only. Please consult your medical advisors to address your questions. Actual packaging may vary.