

SOURCE NATURALS® SERENE SCIENCE™

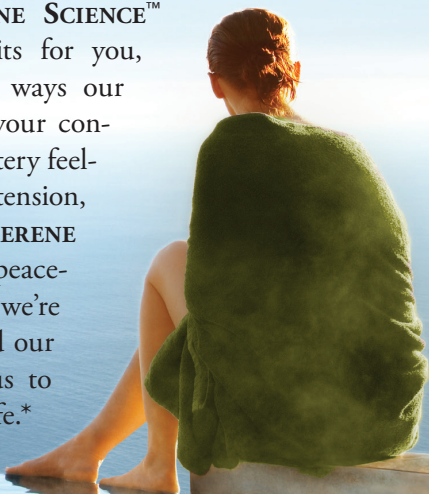
# HOLY BASIL

Adrenal Support\*



***Bills! Deadlines! Kids!*** When we're stressed, our bodies unleash a cascade of over 500 biochemical events which left unchecked can drain our energy and make us unable to think clearly. You may not be able to control all of the events or people causing stress in your life, but you can control how your body deals with occasional stressors. There are many ways to help your body handle stress: exercise, meditation, lifestyle changes and yes, traditional herbal compounds and scientifically formulated supplements.\*

All of Source Naturals® SERENE SCIENCE™ products have individual benefits for you, chosen to address the different ways our bodies react to stress. Whether your concern is occasional sleeplessness, jittery feelings, temporary anxiety, muscle tension, moodiness or attention lapses, SERENE SCIENCE can help you relax, feel peaceful and more balanced. When we're serene, our thoughts are clear and our minds more focused, enabling us to accomplish what we want to in life.\*



Strategies for Wellness<sup>SM</sup>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## HOLY BASIL

### Adrenal Support

Holy basil, also known as *tulsi* in India, is a widely acclaimed plant in the Ayurvedic tradition for the relief of stress. Modern research has shed more light on this plant's benefits. Our adrenal glands produce the hormone cortisol in response to stress. After continued stress, cortisol levels may remain elevated. Preliminary research suggests that holy basil may help maintain normal cortisol levels and support healthy adrenal glands, helping the body adapt to the effects of stress.\*

### What Is It and Where Is It From?

For centuries, holy basil has been used to improve digestion and restore imbalances of the body and mind. Now preliminary research suggests that holy basil may do this by modulating the production of cortisol, a hormone produced and secreted by the adrenal glands. Nicknamed the “stress hormone,” cortisol production increases in response to continuing stress. Cortisol triggers the body to produce glucose, which causes blood sugar to rise. Through helping to maintain cortisol levels in times of stress, holy basil may help maintain healthy blood sugar levels.\*

### What Are the Benefits of Holy Basil Supplements?

- Renowned in Ayurveda for calming stress.
- Preliminary studies show that it may help maintain healthy cortisol levels.
- May help maintain normal blood sugar levels.

Preclinical studies have also indicated that holy basil may help maintain healthy neurotransmitter levels in the brain. Researchers found in preliminary studies that holy basil counteracted stress-induced changes in neurotransmitters and measures of oxidation status. Holy basil may help maintain normal levels of these brain chemicals in times of stress. Holy basil is truly an ancient plant with modern benefits.\*

### A Whole Line for Soothing Relaxation

Source Naturals **SERENE SCIENCE** offers a soothing, calming line of exemplary stress-reducing formulas.\*

**L-THEANINE**—Focused Relaxation

**THEANINE SERENE™**—Calm Mind and Body

**THEANINE SERENE™ WITH RELORA®**—Calm Mind and Body

**KAVA**—For Occasional Anxiety

**GABA**—Calm Mind

**GABA CALM™ LOZENGE**—Calm Mind

**HOLY BASIL**—Adrenal Support

**MAGNESIUM SERENE™**—Peaceful Body

**L-TRYPTOPHAN**—Positive Mood\*

*Visit [SereneScience.com](http://SereneScience.com) to learn more about stress and find the serene that works for you.*

Prices and ingredients are subject to change without notification.



*Strategies for Wellness<sup>sm</sup>*

[www.sourcenaturals.com](http://www.sourcenaturals.com)

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