

Basil Remedy

Nature's Support for a Healthier You

SIMPLE • NATURAL • EFFECTIVE



*"Healing
begins
in nature."*



*Small
Leaves.
Big Benefits."*



AIDS DIGESTION

Helps ease bloating,
gas, and indigestion



SUPPORTS IMMUNITY

Rich in antioxidants
to help your body stay
strong



REDUCES STRESS

Promotes calm
and mental clarity



SUPPORTS HEART HEALTH

May help maintain
healthy circulation



NATURAL ANTI-INFLAMMATORY

Helps the body
fight inflammation

BASIL TEA REMEDY

A SOOTHING BLEND FOR EVERYDAY WELLNESS



1. Use
5-7 fresh basil
leaves (or 1 tsp
dried basil).



2. Steep
in 1 cup of hot
water for
5-10 minutes.



3. Add honey
(optional) for
taste and extra
soothing benefits.



4. Sip and
enjoy 1-2 times
daily.

*"A healthier,
tomorrow can start
with a simple leaf
today."*

