



BASIL - 15 ML

Basil (*Ocimum basilicum*) has a strong, spicy aroma and can refresh the mind, soothe the body, and help restore mental alertness during times of fatigue. When applied topically, basil can relax tired, aching muscles. Basil essential oil may also sharpen your sense of smell when inhaled and is a wonderful addition to favorite recipes that call for this herb. Basil has an approximate ORAC of 540,024 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Additional References:

- [HerbalGram](#) - Access the archives of the peer-reviewed journal of the American Botanical Council.
- [HerbMedPro](#) - Hyperlinked access to the scientific data underlying the use of herbs for health.

How to use: Apply to tip of nose, on temples and on location of stings and bites. For mental fatigue, inhale first, and then apply to crown of head, forehead, heart and navel. May be added to food or rice milk as a dietary supplement. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

Ingredients:

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