



NATURAL HEALTH PRODUCT

HOLY BASIL – *OCIMUM TENUIFLORUM* – SEED

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on label at the applicant’s discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

Date

February 27, 2026

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Ocimum tenuiflorum</i>	<ul style="list-style-type: none"> • Holy basil • Rama tulsi • Sacred basil • Tulsi 	<i>Ocimum tenuiflorum</i>	Seed	Dry

References: Proper name: USDA 2024; Gardner and McGuffin 2013; Common names: USDA 2024; Gardner and McGuffin 2013; API 1999; Source information: API 1999.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.



Use(s) or Purpose(s)

- Traditionally used in Ayurveda (as a demulcent) to help relieve cough (, such as Kasa) (Mishra 2004; Kapoor 2001; API 1999).
- Traditionally used in Ayurveda as (Hrdya,) a cardi tonic (API 1999).
- Traditionally used in Ayurveda (as Dipan,) to aid digestion (Dipani) (API 1999).

Notes

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Ayurveda as a demulcent to help relieve cough, such as Kasa, and as Hrdya, a cardi tonic).
- **For multi-ingredient products:**
 - To prevent the product from being represented as a “traditional medicine”, any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Holy basil is traditionally used in Ayurveda as Dipan, to aid digestion).
 - When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

1 – 2 grams of dried seed, per day (Williamson 2002; Kapoor 2001; API 1999).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.



Risk information

Caution(s) and warning(s)

All products

- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding.**
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have a cardiovascular condition (Rai et al. 1997; Agrawal et al. 1996).**
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking any heart or blood pressure medication (Rai et al. 1997; Agrawal et al. 1996).**

Relief of cough; Digestive aid

Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations*.

Specifications

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

Product Facts
<p>Medicinal ingredient in each capsule</p> <p><i>Ocimum tenuiflorum</i> (Holy basil) X:1 extract XX mg</p> <p>Equivalent to YY g of dried seed</p>
<p>Uses</p> <ul style="list-style-type: none"> • Traditionally used in Ayurveda to help relieve cough. • Traditionally used in Ayurveda as a cardi tonic. • Traditionally used in Ayurveda to aid digestion.
Warnings
<p>If applicable¹:</p> <p>Allergens: food allergen, gluten (gluten source), sulphites</p> <p>Contains aspartame</p>
<p>Ask a health care practitioner before use if • you are pregnant or breastfeeding • you have a cardiovascular condition • you are taking any heart or blood pressure medication.</p>
<p>Ask a health care practitioner if symptoms persist or worsen.</p>
<p>Directions</p> <p>Adults 18 years and older: Take X capsule(s), X time(s) per day.</p>
<p>Other information</p> <p>(Add storage information)</p>
<p>Non-medicinal ingredients</p> <p>List all NMIs</p>
<p>Questions? (Call) 1-XXX-XXX-XXXX</p>

¹This section can be removed from the table if the product contains no allergen or aspartame.

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Version History

Publication date	Update type	Summary of main updates (from Feb 2026)
2026-02-27	Minor updates	<ul style="list-style-type: none"> • Introductory notes • Adjustments to the wording of the claims • Addition of notes in the Uses or purposes section • Risk statement wording • Inclusion of the standard statement for storage conditions • Inclusion of a Product Facts Table example • Reference section • Inclusion of version history information
2018-12-18	Validation	–
2013-03-22	Minor updates	–
2012-08-10	Initial release	–