

# OciBest<sup>®</sup>

Supports Stress Management  
Naturally

OciBest<sup>®</sup> is a clinically tested standardized herbal composition derived from *Ocimum tenuiflorum*, and is phytochemically standardized to ociglycoside-I (>0.1% w/w), rosmarinic acid (>0.2% w/w) and triterpene acids (>2.5% w/w). OciBest<sup>®</sup> is developed to support stress management.

## Why choose OciBest<sup>®</sup>?

Clinically tested  
to support stress  
management



Organic  
grade  
available



Standardized to  
ociglycoside-I  
(>0.1% w/w),  
rosmarinic acid  
(>0.2% w/w) and  
triterpene acids  
(>2.5% w/w)



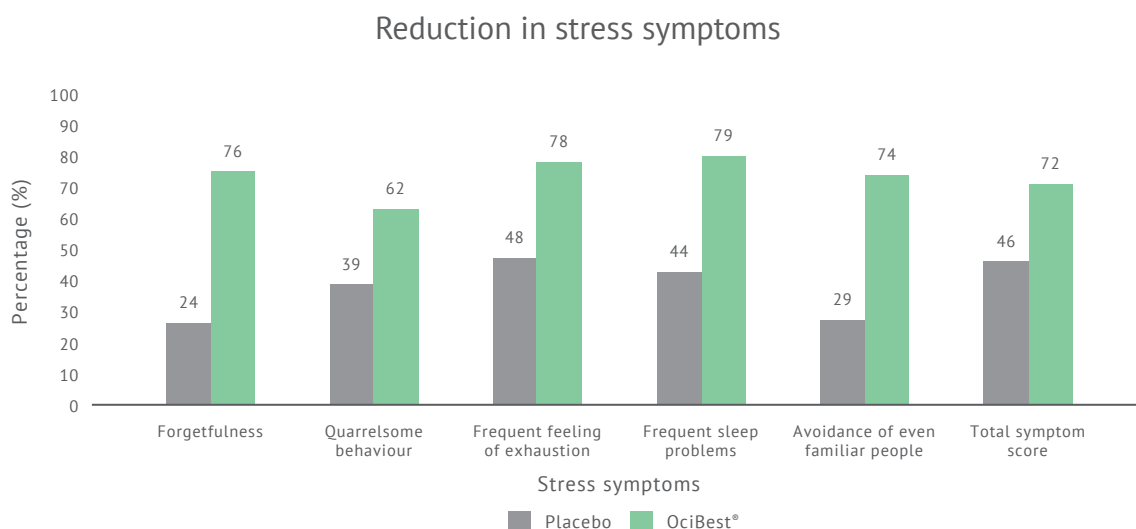
Non - GMO  
project  
verified  
certified

Sustainable  
supply  
chain



## OciBest® reduces stress symptoms

Evidence from a randomized double blind placebo controlled trial<sup>1</sup>



OciBest® is significantly effective in reducing the following stress symptoms

- Forgetfulness
- Frequent feeling of exhaustion
- Frequent sleep problems

**OciBest® resulted in a 72% reduction in overall stress symptoms**

## Mechanisms of action of OciBest®

OciBest® helps manage stress possibly by the following mechanisms

- Inhibits cortisol release (Cortisol is a stress hormone)
- Acts against CRHR1 receptor (This receptor is involved in events leading to stress)
- Inhibits 11 $\beta$ -hydroxysteroid dehydrogenase type 1 (11 $\beta$ -HSD1 activates stress hormone)
- Inhibits catechol-O-methyltransferase (COMT decreases dopamine and norepinephrine levels, which are physiological tools to combat stress)

## OciBest®: Recommended dose & Use

Adults: 1200 mg per day

**Use:** Supports stress management naturally

1. Saxena RC, Singh R, Kumar P, Negi MP, Saxena VS, Geetharani P, Allan JJ, Venkateshwarlu K. Efficacy of an extract of *Ocimum tenuiflorum* (OciBest®) in the management of general stress: a double-blind, placebo-controlled study. Evidence-Based Complementary and Alternative Medicine 2012, 2012: 894509.

### WANT TO KNOW MORE?

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