

Suggested Use

Take 30-40 drops of extract in a small amount of water 3-4 times daily between meals.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use.

Keep away from children. Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

Liquid Herbal Extract

CERTIFIED ORGANIC

Nettle Leaf

250 mg/ml herb equivalency

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ORGANICS



DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 30 Drops (1 ml)

Servings Per Container 30

AMOUNT PER SERVING

EXTRACT †

Organic Stinging Nettle leaf

(Urtica dioica)

in Water and Organic Grain

Alcohol USP (40-50%)

MINIMUM DRY HERB STRENGTH RATIO: 1:4

†Daily Value not established.

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