

Directions: As a dietary supplement, take 2 capsules three times daily before a meal with 12 oz of water, or as prescribed by your health care professional.

Store in a cool dry place.



# Christopher's

Original



Formulas

*John R. Christopher*®

***Dietary Supplement***

# NETTLE LEAVES

100 Vegetarian Caps  
400 mg each

Christopher's Original Formulas  
1-800-453-1406  
www.drchristopher.com

Manufactured By:  
Wholistic Botanicals L.L.C.  
Spanish Fork, Utah 84660  
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## Supplement Facts

Serving Size 2 Capsules  
Serving Per Container 50

Amount Per Serving	% Daily Value
800 mg	

Ingredients:  
Nettle Leaves  
(*Urtica dioica*)

\*Daily Value not established

Other Ingredients:  
Plant-derived capsule.

No Fillers or Chemicals.

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