

## Did you know?

There IS hope for enjoying all that the seasons have to offer. Our freeze-dried Nettle helps support your body's normal histamine-producing response so you can enjoy life in the great outdoors all year round.\*

**Let's get fresh.** Open the bottle and take a deep breath. That's the tender young shoots of the Stinging Nettle that were harvested in the early spring, freeze-dried immediately to retain all of its natural activities and processed in small batches with love for optimum potency. **Here's to your health!**

Does NOT contain dairy, wheat, peanuts, soy, gluten or corn allergens.

**CAUTION:** Keep out of reach of children. If taking medication consult with a healthcare professional before use. Do not take if pregnant or nursing. Discontinue use if unusual symptoms occur.



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

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# Nettle

support during  
allergen exposure\*

includes freeze-dried stinging hairs

MADE WITH  
ORGANIC  
NETTLE

MADE WITH  
NON-GMO  
INGREDIENTS

90 VEGETARIAN  
CAPSULES

GF

**Suggested Use:** As an herbal supplement, take two capsules twice daily or as directed by your healthcare professional. A dose of four capsules may be required for best results.

**WARNING:** If you have never taken Nettles and are prone to allergies, it is recommended to take one capsule and wait 24 hours before using the suggested dose. Do not exceed recommended dose.

## Supplement Facts

Serving Size: 2 caps/Servings Per Container: 45

### Amount Per Serving

|                                                            |         |
|------------------------------------------------------------|---------|
| Organic Nettle, freeze-dried tops ( <i>Urtica dioica</i> ) | 600 mg* |
|------------------------------------------------------------|---------|

\*Daily Value not established

**Other Ingredients:** Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest  
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Certified Organic by Oregon Tilth.



actual size