SUGGESTED USE

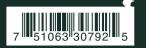
Adults take 30-40 drops in a small amount of water 3-4 times daily between meals.

Shake well before use. Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. Store away from children. Use only as directed on label. Safety-sealed at neck of bottle.

meetyourherbs.com

Purity and potency levels are ensured.







Nettle Leaf

Gaia-grown™ Nettle for sinus support*

4 FL OZ (118 mL) **HERBAL SUPPLEMENT**

Supplement Facts

Serving Size 40 Drops (1.33 mL) Servings Per Container About 89 Amount Per Serving Organic Stinging Nettle 1.33 mLt (Urtica dioica) leaf extract

(40-50%) and water. Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth

Other ingredients: Organic alcohol USP

1:4 Herb Strength Ratio

† Daily Value not established.

250 mg/mL Herb Equivalency

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.