

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.

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Purity and potency levels are ensured.



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HERBS



IMMUNE SUPPORT*



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 (<i>Urtica dioica</i>) leaf extract	1.33 mL†
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† Daily Value not established.

Other ingredients: Organic alcohol USP (40-50%) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive,
Brevard, NC 28712

Certified Organic by Oregon Tilth

1:4 Herb Strength Ratio
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.

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