



SUGGESTED USE

SHAKE WELL BEFORE USING

Take up to 40 drops in 2 oz. of water or juice, two to five times per day. Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

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STINGING NETTLE BLEND

RESPIRATORY SYSTEM



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Stinging Nettle Blend Liquid Extract

Ingredients: proprietary extract blend:

Stinging Nettle herb (*Urtica dioica*)^{①②③}

Stinging Nettle seed (*Urtica dioica*)^{①②}

Other Ingredients: certified organic alcohol (48-58%) & distilled water. **GLUTEN-FREE**

Fresh herb / menstruum ratio: 1 : 1.5

Dry herb / menstruum ratio: 1 : 3

- ① Certified Organically Grown
- ② Sustainably Wildcrafted
- ③ Fresh (undried)

To assure optimal potency, the leaf, seed & calyx are extracted separately according to their individual biochemistry, and are then blended together to produce a broad-spectrum extract.

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