

3053700

Fresh *Raw* Freeze-Dried

Stinging

Nettle

Urtica dioica Leaf
A Dietary Supplement

300 mg per capsule

50 Vegetarian
capsules



Gluten

Fresh freeze-drying maintains the biologically active constituents for highest potency and action.

Each Capsule Contains: Stinging Nettle (*Urtica dioica*) leaf, wildcrafted and 100% fresh freeze-dried, 300 mg.

Suggested Use: 1-3 capsules per day. Discontinue use if unusual symptoms occur.

Consult your health care advisor regarding the use of herbs during pregnancy, with infants or with prescription drugs.

100% Kosher - Keep out of reach of children

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*Eclectic's F.D. herbs have always been *raw*. We just thought you might like to know. The same goes for gluten free and for vegan once the capsules became available.

We start but most importantly also end with fresh whole raw foods. No heat, solvents or other harsh processing.

Established Oct. 1982

