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SUGGESTED USE

SHAKE WELL BEFORE USING

Add one full squeeze of the dropper bulb to 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

005

alcohol-free

STINGING NETTLE

RESPIRATORY SYSTEM



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Stinging Nettle Glycerite

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
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Stinging Nettle herb (<i>Urtica dioica</i>) [Ⓢ] extract 825 mg [Ⓢ]	†
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† Daily Value (DV) not established

Other Ingredients: vegetable glycerin & distilled water. **GLUTEN-FREE**

[Ⓢ] Certified Organic

[Ⓢ] Equivalent to approx. 109 mg of herb.

CONTAINS NO ALCOHOL

Dry herb / menstruum ratio: 1 : 6.4

We prepare our Stinging Nettle Glycerite from spring-harvested herb of *Urtica dioica* plants which are **Certified Organically Grown**.

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800-348-4372 • www.herb-pharm.com