



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

SUGGESTED USE

SHAKE WELL BEFORE USING

015

STINGING NETTLE BLEND

RESPIRATORY SYSTEM



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Stinging Nettle Blend Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Proprietary extract blend: 642 mg ⓐ	†
Stinging Nettle herb (<i>Urtica dioica</i>) ⓐⓑⓓ	
Stinging Nettle seed (<i>Urtica dioica</i>) ⓐⓑ	

† Daily Value (DV) not established

Other Ingredients: certified organic alcohol (51-61%) & distilled water. **GLUTEN-FREE**

ⓐ Certified Organic ⓑ Sustainably Wildcrafted
ⓓ Fresh (undried) ⓔ Equiv. to approx. 303 mg fresh herb & 230 mg dry herb.

Fresh herb / menstruum ratio: 1 : 1.5

Dry herb / menstruum ratio: 1 : 3

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800-348-4372 • www.herb-pharm.com