



stinging nettles

a traditional herb

480mg

herb

300 capsules
dietary supplement



gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Stinging Nettles (<i>Urtica dioica</i>)(leaf)	480 mg	*

* Daily Value not established.

Other ingredients: Gelatin, rice flour.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

This natural product may vary in color.

DIRECTIONS: As a dietary supplement, take one (1) capsule up to three (3) times daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



learn more at
vsquality.net



Item No.
VS-1257
1042589