

# PLANETARY<sup>®</sup>

## HERBALS

# FREEZE-DRIED STINGING NETTLES

HERBAL RESPIRATORY SUPPORT\*

420 MG • 120 TABLETS

HERBAL SUPPLEMENT  
Formulated by  
Michael Tierra L.Ac, O.M.D

*Michael Tierra*

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving            |        | %DV |
|-------------------------------|--------|-----|
| Calcium                       | 34 mg  | 3%  |
| Freeze Dried Stinging Nettles | 420 mg | †   |

†Daily Value not established.

Other ingredients: microcrystalline cellulose, dibasic calcium phosphate, stearic acid, modified cellulose gum, silica, and magnesium stearate.

**Suggested Use:** 1 tablet twice daily between meals.

STORE IN A COOL, DRY PLACE.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Dried nettle leaf is traditionally used as a tonifier. When carefully freeze dried, additional properties are preserved which support the respiratory system. *In vitro* research of these constituents show partial inhibitory effects on the biosynthesis of arachidonic acid and leukotrienes.\*

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

PF0477 REV E162-A

Manufactured for:  
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