

Suggested Use

Adults take 30-40 drops of extract in a small amount of water 3-4 times daily between meals.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use.

Keep away from children.
Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

**CERTIFIED
ORGANIC**

Nettle Leaf

250 mg/ml herb equivalency

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DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 40 Drops (1.33 ml)

Servings Per Container About 23

Amount Per Serving

Stinging Nettle leaf extract ▲ (<i>Urtica dioica</i>)	1.33 ml†
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Herb Strength Ratio	1:4
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†Daily Value not established

Other ingredients: Organic alcohol USP (40-50%) and water.

▲=Certified Organic Ingredient

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