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Manufactured in the USA by:

Douglas Laboratories

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Stinging Nettle (*Urtica dioica* L.) leaves sting by injecting formic acid, histamine, and the neurotransmitters acetylcholine and 5-hydroxytryptamine into the skin. Cooking or extraction blocks the sting and releases the nutrients. Stinging Nettle also contains glucoquinones, chlorophyll, minerals (especially silica) and vitamins. This extract is standardized at 1% to 2% plant silica.

Suggested Usage: As a dietary supplement, adults take 1 capsule 3 times daily between meals, or as advised by your healthcare professional. If digestive irritation occurs, take with meals.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Stop use and consult your healthcare professional if allergic reactions occur. Note: If pregnant or nursing consult your health care professional before using this product.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #77359

Nettles Max-V (Stinging Nettle)

Standardized Herbal
Extract Supplement
1% to 2% plant silica



60 Vegetarian Capsules

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

Amount Per Serving	%DV
Stinging Nettle 250 mg	*
Herbal Extract (leaf) (<i>Urtica dioica</i> L.) Standardized to provide 2.5 to 5 mg silica	
Nettles (leaf) 100 mg	*
(non-standardized)	

*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.