



Nettle Leaf Tincture

Urtica dioica folia

NPN: 80012963

Size: _____

Lot: _____

Expiry Date: _____

Indications:

Traditionally used in Herbal Medicine as a diuretic. Used in Herbal Medicine as supportive therapy to help relieve rheumatic complaints. Used in Herbal Medicine as a nutritive tonic. Used in Herbal Medicine to help relieve seasonal allergy symptoms.

Recommended dose (adults):

Dilute 10 ml in hot water and take before meals, 3 times daily, or as directed by a health care practitioner.

Risk information:

Cautions and Warnings:

Consult a health care practitioner if symptoms persist or worsen.

Contra-indications:

Do not use if you are pregnant or breastfeeding.

Medicinal ingredients:

Each 1 ml contains *Urtica dioica* (Nettle) extract 1:3, equivalent to 0.33 grams of leaf.

Non-medicinal ingredients:

Water, Ethanol.

Store at room temperature away from sunlight and heat. Keep out of reach of children. Do not use if seal is broken.

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