

# PLANETARY<sup>®</sup>

## HERBALS

FULL SPECTRUM™

# STINGING NETTLE

FOR HEALTHY SINUS SUPPORT\*

420 MG • 120 TABLETS

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

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Nettle Leaf	210 mg	†
Nettle Leaf Extract	210 mg	†

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
†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.

FG-117076 BEST IF USED BY 4 26

Stinging nettle is one of the most important tonics of western herbal traditions and was traditionally used to support healthy sinuses. Modern research documents this use in biological assays demonstrating it reduces the biosynthesis of arachidonic acid and leukotrienes that play key roles in healthy immune responses and sinus health.\*

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.

**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 D223-B

Manufactured for:  
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