

SUGGESTED USE

SHAKE WELL BEFORE USING

Adults: Add 1 squeeze of the dropper bulb to 60 ml of water or juice, 2 to 5 times per day. Best taken between meals. Do not exceed suggested serving size.

Keep out of the reach of children

Store away from heat & light

BEST BEFORE,
see bottom of bottle

Urtica dioica

STINGING NETTLE BLEND

RESPIRATION

Broad Spectrum



HERB & PHARM[®]

Let nature be your ally™

HERBAL FOOD SUPPLEMENT

30 ml (1 fluid ounce)

Stinging Nettle Blend Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% NRV
Certified organic extract blend:	642 mg Ⓞ †
Stinging Nettle (<i>Urtica dioica</i>)	
aerial parts Ⓞ Ⓣ & seed Ⓞ	

† Nutrient Reference Value (NRV) not established

Other Ingredients: certified organic cane alcohol (51-61%) & distilled water. **Gluten-Free**

Ⓞ Certified Organic Non-UK Agriculture
Ⓣ Fresh (undried) Ⓣ Extraction rate 303 mg fresh herb & 82 mg dry herb per 0.7 ml.

IMPORTED BY: BRAND ORGANIC LTD
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Certified Organic by Organic Certifiers US-ORG-043

FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE.



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