Nettle Leaf

60 Liquid-filled Capsules • 100% Vegetarian • Amount Per 2 Capsules

ALCOHOL FREE CONCENTRATED EXTRACTS OF:

Nettle leaf (*Urtica dioica*)	100 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE:

1% Caffeic acid derivatives (from Nettle)	1.0 mg

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

RECOMMENDATIONS:

Take 1 capsule with a small amount of warm water 2 times daily between meals or as directed by your health care provider.