

Directions For Use: 1-3 ml in 2 oz. water 2-3x/day.

Storage: Store away from heat and light.

Stinging Nettles

Urtica dioica

TINCTURE

Tincture

Supplement Facts

Serving Size: 2 ml Servings: About 24

Amount Per Serving	% DV
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Stinging Nettle extract 2 mL	†
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Urtica dioica (fresh)

† Daily Value (DV) not established.

Made seasonally from locally cultivated plants.

E Extraction rate: 1000 mg herb per 2 ml.

Fresh herb / menstruum ratio: 1: 2

Other ingredients: certified organic cane alcohol (75%) **Gluten Free**

**Bloom & Reveal Botanicals • Kingston, NY 12401
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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Lot#:



2 oz