



Nettle TINCTURE

ALLERGIES
Nutritive tonic

NPN 80009548
50 ml

Each ml contains

Nettle	fresh leaf	<i>Urtica dioica</i>	1:3	356 mg	Organic
Alcohol 33% to 38%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 2 to 4 times a day, maximum 1 week.

TREATMENT: 1.5 ml, 3 times a day.

DIRECTIONS FOR USE

Dilute tincture in a mouthful of water.

Shake before using.

For long-term treatment, take 6 days out of 7

MODE OF ACTION

Nettle is used to treat seasonal allergies and allergic rhinitis. It is an antihistamine and antiallergy and it modulates the immune response. It slows the secretion of chemical mediators responsible for allergic reactions. Nettle therefore reduces allergy symptoms such as sneezing, teary eyes, nasal congestion and runny nose. In prevention, start using nettle a few weeks before allergy season to promote the body’s healthy response and significantly reduce symptoms. As a treatment, use repeated doses to reduce allergy symptoms once present.

Nettle strengthens the body and increases energy. It is a nourishing tonic that supports the entire organism. In Germany, it is recognized as a complementary therapy in the treatment of rheumatism. Nettle reduces symptoms of osteoarthritis and rheumatoid arthritis. It seems to protect cartilage by inhibiting cytokines that degrade collagen fibres. *Urtica dioica* has anti-inflammatory and analgesic properties and is used in the treatment of gout.

The main constituents of nettle are amines (serotonin, histamine, choline), flavonoids (isoquercetin, rutin, kaempferol, quercetin), minerals (Mg, Ca, Fe, Si, P, K), vitamins (A, B, K), acids (silicic, formic, caffeic acid derivatives), mucilage, coumarin, tannins, chlorophyll, acetylcholine, sitosterol and glycoproteins.

A mild diuretic, nettle is used in the treatment of urinary infections, along with medicinal herbs that have a more specific action. It helps stabilize blood sugar, blood lipids and blood pressure. Nettle tincture is a powerful antioxidant that offers protection against free radicals and the peroxidation of lipids.

HELPFUL ASSOCIATIONS

PULMONA TEA for respiratory difficulties due to allergies.

REISHI for seasonal allergies and allergic rhinitis, in prevention or treatment.

ASTRAGALUS capsules or infusion for fatigue, weakness, recurring infections and seasonal allergies.

SINUSTOP for nasal congestion or runny nose caused by allergies.

URINA TEA for urinary tract infection.

ETHNOBOTANY

Immune system: seasonal allergies, allergic rhinitis, rheumatoid arthritis.

Musculo-skeletal system: rheumatism, muscle pain.

Respiratory system: bronchitis, allergic asthma.

Genito-urinary system: urinary tract infection, urinary tract inflammation.

Other uses: convalescence, general cleanse, gout, hyperglycemia, blood pressure regulation, chronic skin troubles.

HISTORY

Originally from Eurasia, nettle has spread to almost the entire globe, including North America. It has been used for decades as a fibre, food and medicinal herb. The use of nettle as a vegetable and a traditional remedy is mentioned in the writings of Hippocrates (460-370 AC). The physicians of Ancient Greece (Dioscorides, Galen and others) used it as a diuretic and a laxative and to treat troubles of the spleen. In the 17th Century, Culpeper recommended boiled nettle or nettle juice for respiratory troubles, to increase the production of urine and to stop bleeding. The First Nations of North America used nettle to treat rheumatism. In traditional African medicine, it was used for excessive menstrual bleeding and internal hemorrhage. It was inhaled as a powder to stop nose bleeds. It is now recognized in certain countries as a complementary therapy for arthritis.

CONTRA-INDICATIONS

Nettle is generally considered safe or well tolerated when used as recommended by traditional herbalists, for the majority of people, including pregnant and breastfeeding mothers. Health Canada recommends that you consult a health care practitioner if pregnant, breastfeeding, if symptoms persist or worsen.

INTERACTIONS

Do not take with prescription drugs.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

