



Nettle CAPSULE

NUTRITIVE TONIC

Relieves seasonal allergies symptoms

NPN 80016615
85 CAPSULES
290 mg/CAPSULE

Ingredient				
Nettle	leaf	<i>Urtica dioica</i>	290 mg	Organic
Vegetable cellulose capsules				

DOSAGE

INTERVENTION: 3-4 capsules, 3 times a day, for a maximum of 1 week.

TREATMENT: 2 capsules, 3 times a day.

DIRECTIONS FOR USE

Take capsules on an empty stomach with a little warm water or infusion. Take with meals if difficult to digest. Start with a small dose to insure herbs are well tolerated.

MODE OF ACTION

Nettle in capsules has an affinity for the mucus membranes. As an astringent, it tones the mucus membranes, promotes their health and proper functioning and reduces inflammation. Its anti-allergic and anti-histamine effects make it useful to treat allergies. In prevention, take for a few weeks before allergy season to promote the body's healthy response and reduce symptoms. In treatment, use repeated doses to alleviate symptoms and reduce allergic response.

Tonic and nourishing, nettle is fortifying and energizing. It supports vital energy, metabolism and tissue nutrition. Its high concentration of minerals, trace elements and chlorophyll nourish the blood. It is especially useful for fatigue, exhaustion and degeneration.

Nettle is an alterative and a diuretic and contributes to the elimination of toxins by the kidneys, including uric acid, and is used in the treatment of urinary tract infections. It is alkalizing and mineralizing, and regulates blood pH. Nettle is beneficial for chronic skin problems (like eczema) and joint problems (osteoarthritis, rheumatoid arthritis). In Germany, it is recognized as a complementary therapy for rheumatism.

When there are metabolic troubles, nettle stabilizes blood sugar, blood lipids and blood pressure. It is a powerful antioxidant. The nutrients in nettle contribute to the health of skin, fingernails and hair.

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.

HELPFUL ASSOCIATIONS

REISHI for allergies, allergic rhinitis, weakness of the immune system caused by stress.

ASTRAGALUS capsules or decoction for fatigue, weakness, recurring infections.

ASHWAGANDHA for exhaustion, intense stress.

PULMONATEA for respiratory troubles caused by allergies.

GREEN OATSTRAW infusion for troubles of the nervous system.

MARSHMALLOW decoction to maintain health of mucus membranes.

ETHNOBOTANY

Immune and respiratory systems: seasonal allergies, rheumatoid arthritis, bronchitis, allergic rhinitis, fatigue associated to pneumonia.

Musculo-skeletal system: rheumatism, arthritis, muscle pain.

Genito-urinary system: urinary tract infection, heavy menstrual bleeding.

Other uses: fatigue, convalescence, degeneration, blood cleansing, anemia, eczema, gout, metabolic syndrome.

HISTORY

Originally from Eurasia, nettle spread to most of the world, including North America. It has been used for decades as a fibre, a food and a medicinal herb. Hippocrates (460-370 A.C.) wrote that it was used as a vegetable and a traditional remedy. The physicians of Ancient Greece (Dioscorides, Galen and others) used it as a diuretic and a laxative and for troubles of the spleen. In the 16th 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 also 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 women and breastfeeding mothers. Health Canada recommends that you consult a health-care practitioner if pregnant, breastfeeding, if symptoms persist or worsen.

INTERACTIONS

It is recommended to avoid taking with prescription drugs.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

