

Product Profile

NETTLE

Urtica dioica

Blended extracts of fresh leaf & flowering tops, & dry mature seed.

Actions: Nutritive, alterative tonic. Antihistamine and anti-inflammatory; moderates allergic response. Urinary tonic and diuretic. Astringent to mucous membranes. Hemostatic. Galactagogue.

Uses: Chronic inflammations, excessive mucous discharge and ulcerations of the mucous membranes; burning or difficult urination; allergies with stinging, runny nose and eyes; hemorrhoids. Inflammations, eruptions and rashes of skin; hives, eczema, psoriasis, chicken pox (esp. if hot and stinging). Arthritis and gout. Passive bleeding in all parts of body; profuse menstruation. Suppressed milk flow in nursing mothers. Topically applied to eczema, poison ivy, rashes and insect stings.

Dose: Take 30 to 40 drops, 2 to 5 times per day. For topical use mix half-and-half with rosewater and apply freely to troubled area.

Cautions: None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.