

# NETTLE LEAF

Mineral-Rich Herb Traditionally Used for Nourishment & Herbal Wellness Support



Botanical Name: *Urtica dioica*  
Common Names: Nettle, Stinging Nettle  
Plant Family: Urticaceae

Nettle leaf has been traditionally valued for generations as a deeply nourishing botanical herb rich in minerals and wellness-supporting compounds. Our nettle leaf is carefully sourced for freshness, vibrant colour and quality.

## TRADITIONALLY USED FOR

Nettle leaf has traditionally been used to support:

- Mineral-rich nourishment
- General vitality and wellness
- Herbal cleansing traditions
- Seasonal wellness support
- Hair, skin and nail wellness
- Daily herbal nourishment

## WAYS TO USE

**Herbal Tea & Infusions**  
Traditionally steeped into mineral-rich herbal infusions.

**Wellness Blends**  
Often included in nourishing and cleansing formulas.

**Botanical Preparations**  
Commonly used in tinctures and wellness blends.

## HERBAL PAIRINGS & SYNERGIES

For Nourishment & Vitality

Pairs beautifully with:

- Oatstraw
- Alfalfa
- Red Raspberry Leaf
- Moringa

For Cleansing & Wellness

Often blended with:

- Cleavers
- Burdock Root
- Dandelion Leaf
- Lemon Balm

### Nutritional Highlights

Nettle naturally contains minerals and plant compounds traditionally valued in nourishing wellness practices.

### Suggested Use

Enjoy in teas or wellness blends as desired.

### Storage

Store in a cool, dry place away from moisture and direct sunlight.

### Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

### Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Green, earthy, grassy	Cooling	Daily wellness	Oatstraw, red raspberry leaf, alfalfa, cleavers

