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Manufactured by:  
**Douglas Laboratories**  
600 Boyce Road • Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com) • 1.800.245.4440

Stinging Nettle (*Urtica dioica L.*) leaves sting by injecting formic acid, histamine, and the neurotransmitters acetylcholine and 5-hydroxytryptamine into the skin. Cooking or extraction blocks the sting and releases the nutrients. Stinging Nettle also contains glucoquinones, chlorophyll, minerals (especially silica) and vitamins. This extract is standardized to 1% plant silica.

**Suggested Usage:** As a dietary supplement, adults take 1 capsule 3 times daily between meals, or as advised by your healthcare professional. If digestive irritation occurs, take with meals.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Stop use and consult your healthcare professional if allergic reactions occur. Note: If pregnant or nursing consult your health care professional before using this product.

**KEEP OUT OF REACH OF CHILDREN.**

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #77359

# Nettles Max-V (Stinging Nettle)

Standardized Herbal  
Extract Supplement  
1% plant silica



60 Vegetarian Capsules

## Supplement Facts

Serving Size 1 vegetarian capsule  
Servings Per Container 60

Amount Per Serving	%DV
Stinging Nettle ..... 250 mg	*
Herbal Extract (leaf) ( <i>Urtica dioica L.</i> ) Standardized to provide 2.5 mg silica	
Nettles (leaf) ..... 100 mg	*
( <i>Urtica dioica L.</i> ) (non-standardized)	

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose and vegetable stearate.