

# STINGING NETTLE

Traditionally used in Herbal Medicine as a diuretic.

**90 capsules 2 000 mg**

**VEGETARIAN | PESTICIDE FREE | GMO FREE**

NPN 80002214

## History<sup>2</sup>

Stinging nettle is a plant native to Eurasia, today naturalized across all temperate regions of the globe. In antiquity, Greeks used it to treat coughs, tuberculosis, arthritis, and to stimulate hair growth.

In 17th century England, it was recommended for the treatment of diseases of the blood-vessels and respiratory tract. Native Americans, for their part, used stinging nettle to soothe rheumatic pain and to help women during childbirth.

In Ayurvedic medicine, it is used along with other plants to treat uterine hemorrhages, nosebleeds, cutaneous eruptions, and eczema.

It is also consumed as a food, particularly in stews and salads in Europe.

In vivo studies have demonstrated stinging nettle's significant diuretic, natriuretic (increasing sodium excretion through the kidneys), and hypotensive effects,<sup>3</sup> among others. Its use is also recognized today by ESCOP and the German Commission E for irrigating the kidneys, bladder, urinary tract (in cases of inflammation), and to prevent and treat kidney stones.

Léo Désilets Maître Herboriste has therefore selected *Urtica dioica* as the medicinal ingredient in Stinging Nettle capsules, used to promote urination and irrigation of the urinary tract.



### MEDICINAL INGREDIENT

Stinging nettle (*Urtica dioica*, Aerial parts) (5:1, QBE 2 000 mg) ..... 400 mg

### NON-MEDICINAL INGREDIENT

Hypromellose.

### RECOMMENDED DOSE

Adult: 1 capsule 3 times daily with a glass of water. For occasional use only.

### WARNINGS

- Consult a health care provider if symptoms persist or worsen.

### CONTRAINDICATIONS

- Do not use if you are pregnant or breastfeeding.

### URTICA DIOICA

*USDA Classification*<sup>1</sup>  
 Kingdom : Plantae  
 Division : Magnoliophyta  
 Class : Magnoliopsida  
 Order : Urticales  
 Family : Urticaceae  
 Genus : Urtica L.  
 Species : Urtica dioica L.



LEO DESILETS

**Léo Désilets Master Herbalist** is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

#### RÉFÉRENCES

<sup>1</sup> **Urtica dioica L. - stinging nettle.** *United States Department of Agriculture.* Natural Resources Conservation Service. Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=URDI> (accessed 19.03.2015)

<sup>2</sup> **Ortie.** *Passeport Santé.* Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=ortie\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=ortie_ps) (accessed 19.03.2015)

<sup>3</sup> **Tahri A, Yamani S, Legssyer A et al.** *Acute diuretic, natriuretic and hypotensive effects of a continuous perfusion of aqueous extract of Urtica dioica in the rat.* *J Ethnopharmacol.* 73(1-2):95-100. 2000

