

## HERB

## ACTIONS &amp; USAGE

## FORM &amp; SUGGESTED DOSE

## PRECAUTIONS

Nettle Leaf  
(*Urtica dioica*)

Antihistamine, anti-inflammatory and alterative to nourish the body and provide gentle detoxification. Daily use alleviates seasonal allergies and helps reduce mucous associated with chronic respiratory conditions.

Tea: 1 heaping tbsp/cup, up to 4 cups/day.  
Liquid Extract (Fresh Leaf): 10-60 drops, 1-4x/day.  
Capsules (Freeze-Dried): 300 mg, 3x/day.

Large doses in pregnancy.

German Chamomile  
(*Matricaria recutita*)

Anti-histamine, anti-inflammatory, anti-spasmodic, carminative, relaxing nervine. Daily use alleviates seasonal allergies, irritation and discomfort.

For allergies, a simple inhalation of the essential oil, 3-4x/per day.

Pregnancy