PERFECT HERBS

Herb Monograph Latin Name: Urtica dioica folia

Common Name: Nettle Leaf

Primary Action	alterative
Secondary Actions	diuretic
System Affinities	renal, skin
Conditions Treated	allergies, hypertension
Constituents	flavonoids
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	8 g to 15 g
Parts Used	leaf
Can Be Substituted With	Trifolium pratense (red clover)
Pairs Well With	Galium aparine and Berberis vulgaris for post-infection convalescence or summer colds and Trifolium pratense for childhood eczema



Disclaimer: This information is provided for educational purposes only.