

Stinging Nettle Tea

Organic Wild Harvested Nettle Leaves

100% Natural Dried and Cut Leaves (Urtica Dioica)

Stinging Nettle for Herbal Tea / Infusion Use.

Natural Traditional Remedy for Tea or external use.

* 25Kg/50Kg/100Kg/200Kg * Premium Quality * Wild Harvested *

Organictas Dried Stinging Nettle Leaves (Urtica dioica)



Pure 100% natural organic Stinging Nettle in the form of dried chopped/cut leaves.

Wild Harvested in an ecologically clean non-contaminated area in the Bulgarian mountains.

We at Organictas only offer organic bulgarian Stinging Nettles harvested by small farmers located in ecologically clean and pesticide-free regions.

Don't confuse Stinging Nettle (*Urtica dioica*) with white dead nettle (*Lamium album*)!

Free from any Pollutants, No Preservatives, No Artificial Colours, No Artificial Flavours, No Artificial Sweeteners, No added Sugar/Salt, GMO-Free, No Gluten, No Wheat, No Soya, No Yeast, No Milk, No Starch, No Lactose, No Chemicals, Pesticide Free, Eco friendly Package.

Main Purpose of Natural Nettle Leaf:

Diuretic, Anti-Inflammatory, Antihistamine, Decongestant, Expectorant, Hemostatic, Emollient, Antianemic, Wound Healing, Diabetes Support, Bone & Joint Health, Antioxidant, Skin & Hair Health, Anti-Aging, Weight Control and more



Short Description of Great Stinging Nettle (*Urtica dioica*):

Stinging nettle is a plant. People use the root and above ground parts as medicine. In fact, more than 100 components have been identified in nettle.

Stinging nettle has been used as a food, tea, beer, fabric, medicine, and cosmetics for thousands of years.

Its wide array of uses includes everything from enhancing male health to easing nasal congestion. Stinging nettle is rich in nutrients, antioxidants, and

other active compounds. Its roots and leaves have significantly different chemical profiles from one another.

Important things to know about Stinging Nettle:

When buying dried nettle, only choose products that are organic, this can reduce your risk of exposure to pesticides and other chemical toxins.

While fresh stinging nettle may cause irritation, cooked, dried or freeze-dried stinging nettle is generally safe to consume.

Always check the label to make sure which part of the plant was used to make a given product.

We only offer organic Kashmiri Stinging Nettles wild harvested by small farmers located in ecologically clean and pesticide-free regions.

Don't confuse Stinging Nettle (*Urtica dioica*) with white dead nettle (*Lamium album*)!

Always check the producer country, *Urtica dioica* main producers are Kashmir, in India, United States, New Zealand, Bulgaria, Turkey and Europe in general. Some cheap and less beneficial nettle products might not be *Urtica dioica*, but imported *Urtica*



angustifolia, *Urtica atrichocaulis*, *Urtica triangularis* (China), *Urtica fissa* (China, Egypt), *Urtica hyperborea* (China, India), *Urtica ardens* (India), *Urtica chamaedryoides*, *Urtica spiralis*, *Urtica praetermissa*, *Urtica pubescens* (Mexico).

Synonyms/Common Names:

Urtica dioica (Lat.), Stinging Nettle, Great Stinging Nettle, Common Nettle, Burn Nettle, Burn Weed, Burn Hazel, Prostaherb, etc..

Health Benefits of Stinging Nettle Leaves*:

Externally:

- **Hair loss, eczema, burns, insect bites, nosebleeds, sciatica, skin diseases and minimizes skin problems.**

Externally

- **Cleanses and detoxifies the body.**
- **Decrease oxidative stress. The natural polyphenols in nettle leaves are thought to be responsible the powerful antioxidant abilities of nettle tea. Oxidative stress is implicated in accelerated aging as well as many chronic diseases.**
- **Stinging nettle harbors a variety of compounds that reduce inflammation.**
- **Nettle stimulates the lymph system to boost immunity.**
- **Applying nettle to the skin may reduce pain in people with osteoarthritis and relieve arthritis symptoms.**
- **Nettle promotes a release from uric acid from joints.**
- **Stinging nettle to be effective treating hypertension and diabetes.**
- **Stinging nettle was traditionally used to treat high blood pressure.**

Nettle Benefits & Properties



Anti-inflammatory, Antihistaminic

Main Applications

- Relieving symptoms of allergies
- Reducing inflammation and irritation

Supportive Compounds

- Antihistamines
- Flavonoids
- Phenols

Medicinal Actions

Nettle's **natural antihistamines** reduce allergic reactions by inhibiting the action of histamines within the body, whereas **flavonoids** help reduce inflammation. Additionally, **phenols** also help reduce internal inflammation as well as skin swelling and irritation.

Nettle* Nutrition



21 Amazing Benefits Of Nettle Leaf

For Skin, Hair, And Health

- Helps In Treating Acne
- Astringent Properties
- Anti-Inflammatory
- Treats Eczema
- Treats Hair Loss Problem
- Helps In Hair Re-Growth
- Treats Dandruff
- Treats Arthritic Pain
- Treats Benign Prostate Hyperplasia (BPH)
- Treats Urinary Tract Infection
- Reduces Allergies
- Stimulates The Libido
- Acts As A Styptic
- Acts As A Blood Builder
- Helps With Women Related Problems
- Absorbs Dietary Fats



- **Blood sugar control.** In fact, *Urtica dioca* contains compounds that mimic the effects of insulin and helps with diabetes mellitus.
- Nettle helps alleviate allergies and ease symptoms like sneezing, nasal congestion, and itching. Can eliminate allergic rhinitis.

- **Stinging Nettle reduce excessive bleeding, especially after surgery. Helps stop nosebleeds, heavy menstruation and hemorrhoids.**
- **Nettle helps with menstrual cramps and bloating and relieves menopausal symptoms.**
- **Nettle's antioxidant properties protect the liver against damage by toxins, heavy metals and inflammation.**
- **Natural diuretic. Nettle tea helps the body shed excess salt and water, which in turn lowers blood pressure temporarily.**
- **Helps reduce excess male hormone levels in women. Improving menstrual cycle conditions, oily skin, or acne in women with excess male hormone levels**
- **Promotes milk production in lactating women.**
- **Nettle traditionally helps break down kidney stones, supports kidneys and supports the adrenals.**
- **Helps with respiratory tract disease and asthma sufferers.**
- **Stinging Nettle helps with gastrointestinal disease, IBS, constipation, alleviates diarrhea and destroys intestinal worms or parasites.**
- **Lessens nausea and helps support cure common cold.**
- **Helps heal stomach lining. Nettle tea helps heal the mucosal lining of the stomach in the case of ulcers or stomach irritation.**
- **Fight infections. Nettles have antiviral, antibacterial, and antifungal effects. Nettle tea has**

notable antimicrobial activity against gram-positive and -negative bacteria when compared with standard and strong antimicrobial compounds.



Possible Benefits of Natural Nettle*:

- Stinging Nettle may help relieve symptoms of an enlarged prostate gland.
- May reduce the incidence of prostate cancer.
- Applying stinging nettle creams may support wound healing, including burn wounds.

- There is also evidence that stinging nettle blocks the conversion of testosterone into estrogen, an effect that may be increased with the addition of saw palmetto.
- Nettle may reduce gingivitis and prevents plaque when used as a mouth wash.
- Nettle could be helpful in the treatment of Alzheimer's disease.
- Stinging Nettle may relieve neurological disorders like MS, ALS and sciatica.
- May support the endocrine health by helping & supporting the thyroid, spleen and pancreas.



What does Nettle leaves taste like?

Stinging nettle tastes like mild spinach without the strong iron flavor. It's green and grassy-tasting, not unlike other dark leafy plants, with a bit of a peppery bite, like arugula.

On its own, nettle tea has a herbaceous, rich taste that some compare to an earthy, sweet version of seaweed.



When and how is Nettle harvested?

May-October. The leaves are harvested while they're still young and before the plant starts flowering. Once it flowers the leaves become bitter and some argue (though that's disputed) that they contain cystoliths which may irritate the kidneys.

NETTLE TEA

PREPARATION

Ingredients

- 1 teaspoon of dried leaves
- 250 ml of boiling water

Steep them for few minutes and enjoy the tea!

Tip:

Do not add sugar to it, as it will reduce the benefits.

BENEFITS

- **Fatigue**
Drinking nettle tea will increase your energy level.
- **Eczema**
Helps treating eczema and other mild skin problems.
- **Headaches**
- **Hair growth**
- **Nutrients**
Like: vitamin C, vitamin B, vitamin K1, iron, calcium, magnesium



How to use/consume Dried Stinging Nettle Leaves?

Infusion/Tea:

1-2 tablespoons of herb boil for 5 minutes in 1/4 liter of water. 3 cups of tea a day.

Externally:

The same infusion is used, but with a double dose of leaves.

In case of hair loss:

A decoction is prepared from 100g of leaves, which are boiled for 30 minutes in 1/2 liter of water and 1/2 liter of vinegar. The decoction moistens the hair roots or rinses the hair before bed.

Nettle Skin Toner:

1 cup dried nettle leaves, 1 cup distilled water, 1 cup witch hazel. Boil the nettle leaves and water, cool completely for the course of a few hours, strain and discard the nettle, stir in the witch hazel.

Pour the toner into a bottle, store in a dark, cool place (refrigerator) for a few months.

To use it, apply it to your face with a cotton ball. Do not rinse. Use daily or as needed for bright, healthy skin and/or to treat acne.

Tincture:

1:4 in 40% alcohol, take 20 drops in water three times a day after meal.

As Food or Spice:

Can be added to vegetable or puréed soups or other food.

Please check online for more recipes that contain dried nettle leaves.

Note:

Due to possible contractions of the uterus, stinging nettle may be unsafe to take during pregnancy! Contractions of the uterus can cause a miscarriage or cause women to go into early labor.

The above ground parts of stinging nettle increase urine flow. If you have kidney problems, discuss stinging nettle with your healthcare provider before starting it.

Recommended daily dosage:

3 cups of tea per day

This Organic Dried Nettle Leaf Product is best before:

09 / 2026 or Better.

(The expiry date refers to the last day of that month.)

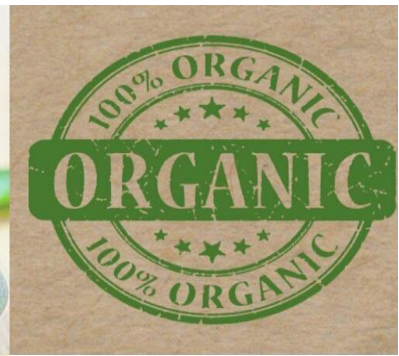
Do not use the product after the expiry date which is stated on the pack.

Country of origin / Made in / Packed in:

KASHMIR--INDIA

How to store loose chopped Nettle Leaves:

In dry, ventilated, cool and dark places in tightly closed packages. This product is packaged in airtight stand-up, resealable doyp-pack for optimum freshness. Once opened, just push the air out of the doyp-pack before resealing it in order to preserve maximum potency.



4 NETTLE TEA BENEFITS

1. Nettle Tea Benefits for Hair

Drink nettle tea daily, and use nettle oil as a mask on the hair once a week to promote even more growth.

2. Nettle Tea Benefits for Pregnancy

The vitamins and minerals in nettle leaf make it an excellent choice for pregnancy when more of everything is needed to help support a growing fetus.

3. Nettle Tea Benefits for Fertility

Nettle helps tone and nourish the uterus but also strengthens the adrenal glands and kidneys.

4. Nettle Tea for Allergies

Stinging nettle has a long history of being used to treat allergies, including hay fever and other seasonal allergic reactions.



Possible Side Effects of Nettle Leaves:

Side effects reported are rare. Stinging nettle is SAFE when taken by mouth for up to 2 years or when applied to the skin appropriately.

