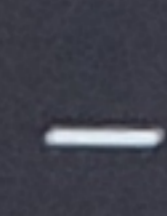
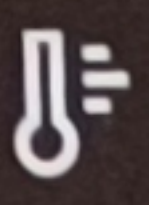


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10.06.23  
KOPRIVA  
LIST

LIUTA

09.06.2023  
KOPRIVA  
LIST

LIUTA

09.06.2023  
KOPRIVA  
LIST

LIUTA

**Organic Nettle Leaf Powder****Nutritional info****Per 100g****Serving 5g****Serving %RDA\*****Daily Portion in grams**

5

**Energy KJ/Kcal**

1079KJ/258Kcal

54KJ/13Kcal

0.64%

**Fat**

3.1g

0.2g

0.22%

of which saturates

0.9g

0.0g

**Carbohydrate**

13.2g

0.7g

0.25%

of which sugars

2.8g

0.1g

0.16%

**Protein**

31.5g

1.6g

3.15%

**Dietary Fibre**

25.6g

1.3g

**Salt**

0.04mg

0.00mg

0.00%

**Vitamin A**

5.00mg

0.25mg

31.25%

**Vitamin E**

14.40mg

0.72mg

6.00%

**Vitamin C**

238.00mg

11.90mg

14.88%

**Vitamin B2**

0.23mg

0.01mg

0.82%

**Potassium**

532.00mg

26.60mg

1.33%

**Calcium**

853.00mg

42.65mg

5.33%

**Magnesium**

96.00mg

4.80mg

1.28%

**Iron**

13.00mg

0.65mg

4.64%

**Copper**

0.52mg

0.03mg

2.60%

**Manganese**

3.00mg

0.15mg

7.50%

**RDA: reference intake of an average adult**

# ORGANIC NETTLE LEAF POWDER

BIO BRENNESSEL BLATTPULVER / POUDRE DE FEUILLE D'ORTIE BIO  
HOJA DE ORTIGA EN POLVO ORGÁNICA / HOJA DE ORTIGA EN POLVO ORGÁNICA

## HOW TO USE

- EN** 1g - 6g per day. 1 teaspoon = 3g. Do not exceed recommended serving.
- DE** Empf. Dosis: mit 1/2 TL beginnen und auf bis zu max. 2 TL (6g) täglich erhöhen.
- FR** 1 g - 6g par jour. 1 cuillère à café = 3g. Ne pas dépasser la dose recommandée.
- IT** Da 1g a 6g al giorno. 1 cucchiaino = 3g. Non superare le dosi consigliate.
- ES** 1g - 6g al día. 1 cucharadita = 3g. No exceder la dosis recomendada.

## STORAGE

- EN** Store away from direct sunlight, and keep in sealed packaging.
- DE** Entfernt von direkter Sonneneinstrahlung, versiegelt aufbewahren.
- FR** À conserver à l'abri des rayons du soleil et dans un emballage fermé.
- IT** Conservare in confezione ben chiusa, al riparo dalla luce.
- ES** Almacenar lejos de la luz directa del sol, y guardar en embalaje sellado.

## NUTRITIONAL INFORMATION

Nutritional info / Nährwertinformation / Information nutritionnelle / Informazioni Nutrizionali / Informacion Nutricional Per 100g

Energy KJ/Kcal / Energy KJ/Kcal / Energy KJ/Kcal / Energy KJ/Kcal / Energy KJ/Kcal 1079KJ/258Kcal

Fat / Fett / Graisses / Grassi / Grasa 3.1g

of which saturates / gesättigte Fettsäuren / Dont en graisses saturées / di cui Grassi Saturi / De las cuales saturadas 0.9g

Carbohydrate / Kohlenhydrates / Glucides / Carboidrati / Carbohidrato 13.2g

of which sugars / davon Zucker / Dont en sucres / di cui Zuccheri / De los cuales azúcares 2.8g

Protein / Protein / Protéines / Proteine / Proteina 31.5g

Dietary Fibre / Ballaststoffe / Fibres alimentaires / Fibre Alimentari / Fibra dietética 25.6g

Salt / Salz / Sel / Sale / Sal 0.04mg

Best before / MHB / DLC / Da Consumarsi Entro / Mejor antes: 12/12/2012  
Origin / Herkunft / Origine / Origine / Origen: United Kingdom  
Batch No / Batch-Nr / N° de lot / Numero di Lotto / Lote N°: IH- www.indigo-herbs.co.uk  
Indigo Herbs, Unit 8, Dye House Lane Trading Estate, Glastonbury, BA6 9LZ

## INGREDIENTS

- EN** Pure Organic Nettle Leaf Powder
- DE** BIO Brennessel Blattpulver
- FR** Poudre de Feuille d'Ortie Bio
- IT** Hoja de Ortiga en Polvo Orgánica
- ES** Hoja de Ortiga en Polvo Orgánica



X000RLRLR5



GB-ORG-04  
EU/Non EU Agriculture



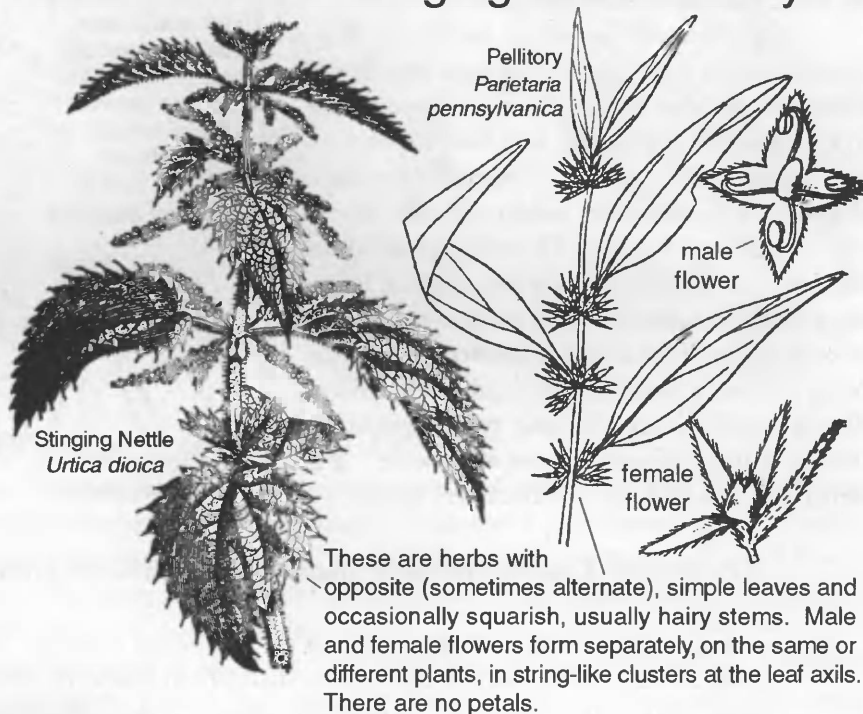
*Urticaceae—Stinging Nettle Family*

Many species of the Stinging Nettle family have a memorable way of identifying themselves for you. Hairs underneath the leaves function as hypodermic needles to inject formic acid into the skin when you come in contact with them. Three genera of the family have stinging hairs: *Urtica*, *Laportea*, and *Hesperocnide*, the last being a native of California.

Members of the Stinging Nettle family are herbs with simple, usually opposite leaves and occasionally squarish, usually hairy stems. The greenish or brownish flowers are mostly unisexual with male and female flowers on the same or different plants. There are 4 or 5 sepals, 0 petals and 4 to 5 stamens. The ovary is positioned superior and has only one carpel (unicarpellate). It matures as a dry seed, called an achene. Worldwide, there are 45 genera and 550 species. Six genera are found in North America. The Mulberry family is sometimes included in this family.

Most species in the family are edible as pot herbs. The plants have strong fibers for making cordage. The silkplant (*Boehmeria*) is said to have the longest fibers known in the plant kingdom, with a tensile strength eight times greater than cotton (Fern).

## Patterns of the Stinging Nettle Family



These are herbs with opposite (sometimes alternate), simple leaves and occasionally squarish, usually hairy stems. Male and female flowers form separately, on the same or different plants, in string-like clusters at the leaf axils. There are no petals.

**Key Words:** Usually hairy plants with petalless flowers in string-like clusters from the leaf axils.

*Laportea*—Wood Nettle (45/-/0) The young leaves are edible after cooking to destroy the stinging hairs. They are said to taste better than stinging nettles (Thayer). The fiber from the stems is up to 50 times stronger than cotton (Fern).

*Parietaria*—Pellitory (14/-/1) The young plant is edible raw or cooked (Sturtevant). The plant has both astringent and demulcent properties; it is used externally as a poultice for burns and wounds. A tea of the plant is taken internally for bladder stones and as a laxative. The whole plant may be crushed and used to clean windows or copperware (Fern).

*Pilea*—Clearweed (-/-/0) Clearweed is reportedly a delicious potherb and tasty raw when young (Cook).

*Urtica*—Stinging Nettle (35/-/2) • Nettles have been used medicinally as a rubefacient to irritate rheumatic joints by whipping them with the plant (Coon), or by applying crushed leaves as a poultice (Lust) to stimulate healing activity in the area. Formic acid is easily destroyed by cooking, so the plant is a delicious pot herb. Nettles are high in vitamins A, C and D, the minerals calcium, iron, phosphorus, potassium, sodium, silica and albuminoids (Willard), and relatively high in protein. The plants are reportedly edible raw if properly crushed first (Kramer).

Normally you would pick nettles with gloves, but it is also reasonably safe to pick them by hand, if you touch only the stems. Nettles can be easily dried and powdered for use as a flour additive and stew thickener. The plants may be dried in the sun or bundled at the roots and hung inside to dry. When they are dry, simply use your hands to strip and powder the leaves. It is especially nice to take nettle powder along on winter camping trips when other greens are scarce. They should be harvested when young, before blooming. The plants may accumulate nitrates (see also the Amaranth family) or form calcium carbonate cystoliths as they continue to age (Kallas).

Medicinally, nettle tea is a good astringent, useful externally as a wash and hair cleanser or internally for bleeding (Kloss). Nettles are diuretic, but may irritate the kidneys with prolonged use. The plant is also known to bind up immunoglobulin G, reducing sensitivity to food allergies (Willard).

The tea can be used to curdle milk for making cheese (Moore). The dead stalks make excellent cordage material and were used in Germany in World War I for weaving when cotton was unavailable. (Coon).



# **Stinging nettle**

## **Urtica dioica L**

Perennial herbaceous weed plant. For medicinal purposes, leaves are used that contain tannins and protein substances, formic acid, urticin

glycoside, vitamin K and ascorbic acid, pantothenic acid, carotenoids, chlorophyll, sitosterol, histamine, violaxanthin, iron salts and wax.

**Therapeutic action.** This is a well-known and widely used medicinal plant since ancient times (Pliny the Elder, Ibn Sina). Even Dioscorides fed with liquid barley gruel with nettle to weakened patients with atony and hypovitaminosis. The fact that nettle has been used by man since ancient times is undoubtedly. Dioscorides, for example, pointed out that nettle was widely used by the ancients as a medicinal plant with amazing properties against many ailments. Avicenna recommended the use of nettle for the treatment of some organs of the head. He writes that crushed nettle leaves stop nosebleeds, "and nettle seed helps with loss of smell and forcefully opens up blockages in the ethmoid bone. Nettle seed in the form of a medicated dressing makes tooth extraction easier; application of a medicated dressing made from nettle seed helps against swelling behind the ears and inside the glands.

Avicenna also used nettle for the treatment of the respiratory and chest organs. "When nettles are given to drink in barley water, they cleanse the chest. Or, nettle leaves are boiled in barley water, and then they remove the thick juices in the chest. The nettle seed works more strongly: it eliminates asthma, standing breathing and cold pleurisy.

Avicenna noted the special healing and health-improving capabilities of nettle in the genitourinary sphere. He recommended taking nettle seeds mixed with grape must for those women who cannot get pregnant. For the same purpose, Avicenna advised such women to eat nettles with onions and eggs or drink a decoction of nettles with myrrh. He also recommended that women make medicated dressings from fresh nettle leaves in the urogenital area.

Pointing to the laxative properties of nettle, Avicenna noted that nettle oil was especially good at relaxing. For constipation, he recommended rubbing the soft parts of the nettle with oatmeal, stirring this mixture and drinking. To improve stool and against hemorrhoids, he advised candles made from a mixture of nettle and honey.

An old medical book says: "If someone's stomach is hard, you need to steam up nettles in wine, cool this broth and drink it to your health, it will help." Medicines based on stinging nettle have long been used in the treatment of a number of diseases of the gastrointestinal tract - stomach and duodenal ulcers, gastritis, motility disorders and gastric acid production. So,

to reduce the activity of hydrochloric acid and pepsin, a decoction of nettle with honey is used.

Nettle contains secretin, which normalizes metabolism, stimulates the formation of insulin and thereby leads to a decrease in the amount of sugar in the blood, which is certainly necessary for people with diabetes (V.F. Korsun, V.K. Viktorov, 2010). Known choleric and diuretic properties of nettle, which makes it possible to use it in diseases of the liver, kidneys (diabetic nephropathy), gall bladder and gastrointestinal tract.

An infusion of leaves and flowers of nettle leaf is used internally for diabetes (J. Muszynski, 1956). Leaves, fresh juice, salad from the upper young shoots of stinging nettle reduce blood sugar (J. Muszynski, 1956; L. D. Shulyat'eva, 1964). An aqueous infusion of the aerial part of stinging nettle, a decoction and a liquid alcoholic extract from it are used in the treatment of patients with diabetes (NG Kovaleva, 1971).

The plant contains a complex of vitamins B and K, which have a hemostatic, diuretic, anti-inflammatory, secretolytic effect. The hemostatic effect of nettle preparations is due to the presence of vitamin K in it, which takes part in the formation of prothrombin, participates in the processes of tissue respiration, has a wound-healing and antimutagenic effect. It is used especially in combination with protein for hypovitaminosis, internal bleeding, diabetes mellitus, chronic diseases of the kidneys, bladder, liver and biliary tract.

Especially necessary is the use of nettle for people suffering from diabetes. Nettle normalizes natural metabolism, tissue metabolism, and thus leads to a decrease in the amount of sugar in the blood. There is evidence that eating nettle helps to restore the functions of the beta cells of the pancreas, as a result of which insulin dependence in diabetic patients sharply decreases until normal sugar metabolism is fully restored. In addition, the presence of secretin in the nettle, which stimulates the formation of insulin, is also antidiabetic, helping to remove sugar from the blood. The recipe for the collection of plants recommended by S.E. Musina et al. For diabetics (2000) necessarily contain nettles. Consequently, nettle is the main component of antidiabetic action, although more than forty such plants are known.

GN Chukanova (2007) investigated the antidiabetic properties of a new oil extract from nettle leaves in an experiment. In rats that received an oil extract from nettle leaves, a decrease in deaths was noted in comparison

with diabetic control by 31 %. The blood glucose content in animals treated with the phytopreparation was significantly lower than the level of the control group on the 7th day by 21.3 %, and on the 30th day - by 39.1 %. It has been confirmed that the oil extract from nettle leaves has an antioxidant and anti-inflammatory (antiexudative) effect, which allows it to be recommended for the complex treatment of patients with mild to moderate diabetes mellitus.

Chlorophyll, when taken orally, improves metabolism. The combination of nettle extract with liquid yarrow extract increases blood clotting, nettle helps to increase the hemoglobin content in the blood and increase the number of red blood cells.

Nettle is used for cancer, especially during radiation and chemotherapy, diseases of the liver, gallbladder, inflammatory processes of the gastrointestinal tract, anemia, dyspepsia, stomach ulcers, hemorrhoids, diabetes mellitus, epilepsy, chronic bronchitis, etc.

**Food use.** Young nettle leaves are an early and valuable vitamin product. They go to make salads, soups, cabbage soup, as seasonings. For this, it is recommended to widely use nettle leaf powder, adding it to sauces, soups, cereals, pancakes and omelets. Put the nettle last in order to preserve the healing properties of this "burning healer".

In addition to lyophilized nettle and nettle powder in tablets, Biorhythm produces combined nettle tablets with dry cabbage and beet juices. Their effectiveness increases sharply due to the combined effect of a complex of substances contained in beets, cabbage, nettles. In tablets of nettle with cabbage and beet juices, the antiulcer effect of vitamin U and the general healing effect on the human body are enhanced.

### **Application form**

- Infusion (3 g per 200 ml of boiling water) for oral administration, 50–70 ml 3-4 times a day.
- Liquid nettle extract is prescribed 25-30 drops 3 times a day 30 minutes before meals.

## NETTLE

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- ASTHMA AND SHORTNESS OF BREATH
- EXPECTORANT
- WHEN ITS LEAVES ARE POUNDED AND APPLIED TO THE NOSTRILS, IT CLEANSSES THEM
- IT IS USED TO TREAT BOILS AND TUMORS WHEN AN OINTMENT WITH VINEGAR IS PREPARED
- CLEANSSES THE BREASTS WHEN DRUNK AFTER BOILING IN BARLEY WATER
- ITS SEEDS ARE COMPLIMENTARY MEDICINE IN TREATMENT OF CANCER
- ITS OINTMENT WITH VINEGAR IS USED TO TREAT BOILS
- TREATS ANEMIA AND IRON DEFICIENCY
- REGENERATES THE CELLS
- NURTURES THE HAIR AND PREVENTS HAIR LOSS
- UTERUS PAINS AND METRITIS
- HEARTACHES

\* **USAGE:** 50 GRAMS OF DRIED NETTLE IS BOILED IN 1 LITER OF WATER AND THEN DRUNK. ITS SEEDS AND FLOWER ARE POUNDED, PULVERIZED AND EATEN AFTER MIXING WITH HONEY. IT IS VERY EFFECTIVE.