



## Nettle Tea

Frequently rejected as a weed in the garden, the stinging nettle (*Urtica dioica*) has long been valued for its astringent-fresh taste and its many positive characteristics. In particular, it is known for its ability to support the elimination function of the kidneys and the normal dehydration of the body in a natural manner.

**Ingredients:** 100 % nettle leaves.

**To prepare:** Add 4 teaspoons per cup and fill with boiling water. Cover and leave to infuse for 10 - 15 minutes. This is the only way to ensure that the tea is safe to drink!

Close properly and store in a dry place.

Made in Germany

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**Contents: 250 g**

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