



EVERYTHING
HERBAL
by Cheryl Jabz

NETTLE LEAF

Health Benefits

NOURISH • SUPPORT • THRIVE NATURALLY

Nettle leaf is a nutrient-rich herb traditionally used to support wellness, seasonal comfort, and overall vitality.

1



Natural Allergy Support: Often used during seasonal allergies because it may help reduce histamine response and ease sneezing, runny nose, and itchy eyes.

2



Anti-Inflammatory Support: Can be helpful for joint discomfort, arthritis pain, muscle soreness, and gout flare support.

3



Rich in Nutrients: Contains vitamin A, vitamin C, vitamin K, iron, calcium, magnesium, and potassium. Useful for energy support and low mineral intake.

4



Urinary & Prostate Support: Often paired with other herbs to support frequent urination, mild prostate enlargement symptoms, and urinary comfort.

5



Heart & Blood Pressure Support: Because nettle may have mild diuretic effects, it can help reduce excess fluid retention.

6



Blood Sugar Support: Some studies suggest it may help support healthy glucose levels.

7



Skin & Hair Support: Traditionally used for acne-prone skin, eczema support, scalp circulation, and hair vitality.



*Rooted
in Nature.*

*Backed by
Tradition.*



IMPORTANT PRECAUTIONS

Talk with a healthcare professional before using if you take diabetes medication, use blood pressure medicine, have kidney disease, are pregnant, or use blood thinners (vitamin K content).



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