



EVERYTHING HERBAL

by Cheryl Jabz

Nettle Leaf



Rich in minerals (iron, calcium, magnesium).
Supports kidney function and helps flush toxins.
May reduce inflammation and support urinary health.

NETTLE TEA



- ✓ 1 tsp dried nettle leaf.
- ✓ 1 cup hot water.
- ✓ Steep 10 minutes, drink 1–2 cups daily.



A nourishing daily herb to support natural cleansing and wellness.



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