



## *Nettle juice with vitamin C*



Common **nettle** is a synanthropic plant, i.e. it easily adapts to life in an environment strongly changed by man. Although many of us associate it only with unpleasant burns caused by the formic acid present in it, it is worth noting that the extract obtained from it has a number of valuable properties for the body!

Due to the content of tyrosine with an antihistamine effect, nettle is recommended for people struggling with allergic diseases. In addition, the plant has antioxidant, anti-inflammatory and antibacterial properties.

Our product is a combination of an extract of young aerial parts of nettle (*Urtica dioica*) and vitamin C, thanks to which it supports your immunity even better! In addition, vitamin C supports the work of the nervous system, protects cells against oxidative stress and the proper production of collagen. It also helps to reduce the feeling of fatigue!

## *Properties of nettle:*

- Has anti-inflammatory properties!
- Has antioxidant properties!
- It is recommended for allergies!
- Has antibacterial properties!

## *Why choose our juice?*

- Not From Concentrate means that our juices are not reconstituted from the concentrate
- Our products are pasteurized, which extends their shelf life, while maintaining valuable properties

- The simple composition – you will not find added sugar, artificial colors or preservatives
- Our offer includes a huge amount of flavors from around the world! Try each of them and find your favorite
- The dark color of the bottle reduces the incidence of sunlight and its negative impact on the product! In addition, our juices are equipped with a non-spill stopper that facilitates pouring

## *Application*

The preparation is recommended for children over 6 years of age and adults as a supplement to the daily diet with vitamin C.

## *Recommended consumption*

Children over 6 years of age and adults: 60 ml (4 tablespoons – a tablespoon equals 15 ml) per day.

Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

## *The daily dose (60 ml) contains:*

30 ml of extract from young aerial parts of common nettle and 18 mg of vitamin C (22.5% of the reference intake value).

Do not use in people with a predisposition to the formation of kidney stones or suffering from kidney stones.

## *Ingredients*

Extract from young aerial parts of common nettle (*Urtica dioica*), water, acidity regulator: citric acid, L-ascorbic acid (vitamin C).

### **ATTENTION!**

The product may slightly differ in color and taste depending on the batch. A natural precipitate may form. Shake well before consumption.

## *Storage*

Store at room temperature. After opening, keep in the refrigerator for no longer than 14 days. Dietary supplements should be stored out of the reach of small children.

### *Volume:*

- 490 ml