

NETTLE



NUTRIENTS

VITAMINS A, C, AND K, AND THE MINERALS MAGNESIUM, CALCIUM, MAGNESIUM, SODIUM, PHOSPHORUS AND POTASSIUM. ESSENTIAL FATS, CAROTNOIDS, ALL ESSENTIAL AMINO ACIDS

Nettle is good at helping with inflammation, it lowers blood pressure, fights against cancer, helps arthritis, back pain and hayfever and helps you take out extra water from your body. The seeds can help give you energy

SCIENTIFIC NAMES

Urtica dioica

NICKNAMES

Devil's Plaything, Hokey Pokey, Burning nettle

WHERE YOU FIND IT

Stinging nettles grow almost anywhere!

MEDICINE

It can help your liver and make sure you have the right amount of sugar in your blood. People used to sting themselves with nettles to heal themselves but you can make a tea, a soup or a tincture too!

MAGIC

Nettle is used to protect you from lightning, to help you to be brave, and to help people have babies. In ancient times nettle was buried with the dead and it was seen as a very magical plant