



## Nettle Tea

Active ingredient: Nettle leaves

To drink as tea

Plant-based medicinal product traditionally used to flush the urinary tract and for joint pain.

### Areas of application:

Traditionally used for flushing the draining urinary tract, and supporting mild urinary tract complaints.

Traditionally used to relieve mild joint pain.

These applications are based exclusively on the long-standing use of the medicinal product in the areas of application.

### Contraindications:

Hypersensitivity to nettle leaves, fluid retention (edemas) due to limited heart and/or renal activity.

Recommended reduction in fluid intake due to existing medical conditions.

### Precautions for application and warning advice:

**Flushing the upper urinary tract:** If symptoms persist for more than a week or recur periodically, or if symptoms worsen or symptoms such as fever, pain during urination, cramp pain, acute urinary retention or blood in the urine occur, a doctor must be consulted.

**Use for mild joint pain:** In case of acute conditions, e.g. redness, swelling or overheating of joints, as well as persistent or periodically recurring complaints, a doctor should be consulted immediately.

**Children:** Due to insufficient data, the use in children under 12 years of age is not recommended.

**Pregnancy and lactation:** Insufficient research has been conducted into safety during pregnancy and lactation. Therefore, this product should not be administered during pregnancy and lactation.

**Interactions:** None known.

### Dosage instructions and type of application:

**Adolescents from 12 years of age and adults, including older persons:** Single dose: Pour 150 ml of boiling water over 2 to 4 g of cut nettle leaves, cover and pass through a tea strainer after about 10 to 15 minutes if necessary.

Daily dose: 3 to 6 times. The total daily dose should not exceed 8 to 12 g of cut nettle leaves.

Be sure drink plenty of fluids as well.

### How long to take the medicine for:

**Flushing the upper urinary tract:** Do not use for longer than 2 to 4 weeks.

**Use for mild joint pain:** Do not use for longer than 4 weeks.

**Side effects:** Mild gastrointestinal complaints (e.g. nausea, vomiting, diarrhoea) and skin reactions (e.g. itching, rash, hives) may occur. The frequency is not known.

### Reporting side effects:

Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

**Note:** Keep protected against light and moisture. The medicinal product should not be used after the expiry of the best before date.

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
Seit **1903** im Dienste der Gesundheit.



**Active ingredient:** 100 g tea contain 100 g nettle leaves.

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**Packet sizes available: 100 g medicinal tea**

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For more information about any other possible risks associated with this medicine, please read the information provided with the medicine or consult your doctor or pharmacist.