

# Nettle Hist-Tone™

MAST CELL SUPPORT\*



## HIGHLIGHTS

Stinging Nettles are one of nature's best sources of quercetin.

Combining quercetin with its source plant amplifies the anti-inflammatory, anti-allergic, antioxidant, and immunomodulatory effects.

Quercetin was found to be more effective than cromolyn in blocking human mast cell cytokine release.\*

## RECOMMENDED USE

Take one capsule three times daily with meals, or as directed by a health care practitioner.

Supplement Facts	
Serving Size 3 capsules	
Servings Per Container 30	
Amount Per Serving	% Daily Value
Nettle Extract ( <i>Urtica dioica</i> )(leaf)	600 mg *
Quercetin	600 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), silicon dioxide, vegetable stearate.

Free from gluten, dairy, soy, GMOs.

## BENEFITS\*



Quercetin stabilizes mast cells, blocks histamine receptors, and inhibits prostaglandins.



Nettles support the stomach by significantly decreasing the number of mast cells in the stomach lining and reducing gastric ulcerations.



Nettles protect intestines against inflammatory bowel injury by preserving the epithelial integrity, enhancing intestinal defense, and reducing inflammation.



Nettles stabilize mast cells and aid histamine 4-induced allergic skin reactions.

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For questions about this product or others please email [contact@alighthealthformulas.com](mailto:contact@alighthealthformulas.com) or visit [alighthealthformulas.com](http://alighthealthformulas.com).

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