



NETTLE LEAF

Botanical Name: *Urtica dioica* Urticaceae

Common Name: Common nettle, stinging nettle

Medicinal part: Leaf

Description: *Urtica dioica*, often called common nettle, stinging nettle (although not all plants of this species sting) or nettle leaf, is a herbaceous perennial flowering plant in the family Urticaceae. It is native to Europe, Asia, northern Africa, and western North America, and introduced elsewhere.



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