Purple Dead Nettle



Allergy sufferers this one is for you!

(Lamium purpureum)

- **Anti-inflammatory**
- **Antioxidant**
- **Immune boosting**
- **Pain-reducing**
- **Helps ease symptoms of rheumatism and arthritic ailments**
- **Antimicrobial**
- **Antifungal**
- **Astringent**
- **Diuretic**
- **Diaphoretic**

Purple dead nettle has no known side effects, but always use caution introducing something new to your diet.