

– News Update –

American Herbal Pharmacopoeia®
and Therapeutic Compendium
Standards of Analysis, Quality Control, and Therapeutics

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AHP Releases Monograph Standards on Stinging Nettle Herb (*Urtica dioica* L. *Urtica urens* L. Leaf)

The American Herbal Pharmacopoeia® (AHP), a California-based non-profit research organization, has released its quality control standards and therapeutic compendium for the popular botanical dietary supplement Stinging Nettle Herb (*Urtica dioica* L. *Urtica urens* L. Leaf). Each monograph establishes national standards for assuring authenticity, purity, and quality control of the monographed botanical. Accompanying the standards is the AHP Therapeutic Compendium which provides a complete and critical review of the pharmacological and safety data currently available, including information on pharmacokinetics, pharmacodynamics, actions, medical indications, historical and modern and traditional use, structure and function claims, dosages, interactions, side effects, contraindications, toxicology, and more.

According to AHP Medical Advisor and integrative medicine pioneer Andrew Weil, MD, who reviewed the monograph; "The single formal clinical study on freeze-dried nettles for its treatment of allergic rhinitis underemphasizes its therapeutic value. I consider it one of the most effective remedies for the sneezing, itching (eyes, ears, throat, nose), and other common symptoms of this disorder, EVEN in comparison with prescription and over-the-counter medications. Its efficacy and lack of side effects makes it the treatment of choice. After a time of using only the freeze-dried leaf to treat symptoms (and avoiding suppressive medications), allergic rhinitis diminishes and often disappears to a point where patients no longer require treatment."

The monograph can be ordered at www.herbal-ahp.org.