



Stinging Nettle Benefits: Ways to Net Better Health
Part 1

Stinging Nettle Nutritional Benefits

Nettles are prized for their high nutrient value. They accumulate minerals and micronutrients from the soil and produce high levels of vitamins in forms that are easily accessible to the human body.

Indeed, many of nettle’s medicinal properties may stem from its ability to fulfill the body’s nutrient requirements. Once properly supplied, the body can then take care of itself.

The following chart lists minerals, micro-, and macronutrients in milligrams, unless otherwise stated, for every 1 oz. of dried nettle. Nettles are excellent sources of calcium, chromium, magnesium, silicon, and zinc. They are high in manganese, phosphorus, potassium, riboflavin, selenium, thiamine, vitamin C, B complex vitamins, and vitamin K. Nettles also contain a good amount of fiber, fat, iron, and niacin, and they are high in vitamin A and low in sodium.

Dried nettles are 25.2% protein and 2.3% fat, and they have only 0.6 calories per gram. Fresh nettles are also a good source of chlorophyll.

NUTRITIONAL PROFILE*								
NETTLE								
	Trace	Very Low	Low	Avg.	High	Very High	Per 1 oz.	RDA % per 1 oz.
Aluminum	[Progress bar]						3.91 mg	N/A
Ash (total)	[Progress bar]						2.38 mg	N/A
Calcium	[Progress bar]						822.14 mg	63%
Calories	[Progress bar]						17.01 cal	1%
Chromium	[Progress bar]						0.11 mg	N/A
Cobalt	[Progress bar]						0.37 mg	N/A
Crude Fiber	[Progress bar]						3.12 mg	N/A
Dietary Fiber	[Progress bar]						12.19 mg	0%
Fat	[Progress bar]						0.65 mg	0%
Iron	[Progress bar]						1.19 mg	7%
Magnesium	[Progress bar]						243.81 mg	58%
Manganese	[Progress bar]						0.22 mg	10%
Niacin	[Progress bar]						1.47 mg	9%
Phosphorus	[Progress bar]						126.72 mg	10%
Potassium	[Progress bar]						496.12 mg	11%
Protein	[Progress bar]						7.14 mg	N/A
Riboflavin	[Progress bar]						0.12 mg	9%
Selenium	[Progress bar]						0.06 mg	113%
Silicon	[Progress bar]						0.29 mg	N/A
Sodium	[Progress bar]						1.39 mg	0%
Thiamine	[Progress bar]						0.15 mg	13%
Tin	[Progress bar]						0.77 mg	N/A
Vitamin A	[Progress bar]						4450.87 IU	89%
Vitamin C	[Progress bar]						23.53 mg	26%
Zinc	[Progress bar]						0.13 mg	1%

Nutritional information sourced from Nutritional Herbology: A Reference Guide to Herbs (Pedersen, Mark. Warsaw, IN: Whitman Publications, 2010)

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