



Category 2
Single Herb
(E=Extract T=Tincture)



GOODFORYOU

GOOD FOR LIFE

ELDERBERRY (T)

(Sambucus nigra) #254574

100 ml

Description: **ELDERBERRY** has been called "the medicine chest of the people", providing remedies for many common complaints. It is revered by gypsies and is associated with the Jewish Kabbalah. It makes a wonderful addition to your cold, flu, and fever remedies. **PROPERTIES:** diuretic, alterative, antiseptic, febrifuge, antiinflammatory, mild laxative

| Contents / Ingredients | Traditional Therapeutic Action |
|---|--|
| <p>Elderberry [1:2 tincture] Each teaspoon (5mL) contains 2.5g Elderberry berry (Sambucus Negra). Non medicinal ingredients : Purified water, 52% ethanol.</p> | <ul style="list-style-type: none"> • has been used successfully for its blood building, cleansing and mild laxative properties to enhance the immune system • helps balance body temperature, by warding off the effects of a chill and also lowering fevers if they get to high. • soothing to the respiratory tract • good for colic, diarrhea, rheumatism, coughs and colds • excellent for reducing catarrh and controlling fevers associated with the common cold, sinusitis, flu and bronchitis • if taken before the pollen season begins, it can reduce the severity of symptoms of hay fever • can be more effective for certain cold and flu than Echinacea • it dries up running nose and streaming eyes of hay fever |

SUGGESTED DOSAGE: 15 - 30 drops three times a day as needed. For children 5 to 10 drops. Can be taken more often if needed. Works well with **Echinacea (all forms), RESP, Elecampane, Yarrow, Catnip** and **Bonset** all associated with relief of the common cold & flu.

CAUTION: Some people experience nausea if they eat too many raw berries, but cooking renders them safe and effective.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.