

## **Elderberry Plus Immune Support 2 fl. oz.** Alcohol-Free Elderberry Tincture

Elderberry Plus Immune Support tincture is an all-natural, alcohol-free elderberry tincture with the added immune boosting benefits of echinacea

angustifolia, echinacea purpurea, red raspberry leaf, and rosehips.

Our Elderberry Plus Immune Support tincture is made one batch at a time on our family's farm. We use the highest quality herbs, water, and pure vegetable glycerin to extract the herbal properties of our ingredients in an alcohol-free process. Our tinctures are intentionally made safe for use by our own children and grandchildren.

Elderberries work synergistically when combined with other medicinal plants. We've combined elderberries with herbs that have historically been used to support and boost the immune system. This tincture is a traditional herbal remedy for times when you need a little extra immune support through the cold and flu season.

**Ingredients:** Elderberries, echinacea angustifolia, echinacea purpurea, red raspberry leaf, rosehips, water, and vegetable glycerin.

**Size:** 2 fl. oz. (60 ml) in a convenient dropper bottle for easy dosing. Our tinctures are packaged in brown glass bottles to preserve the properties of the herbs from light exposure.

## **About Our Ingredients**

• **Elderberries** are rich in nutrients and antioxidants that are anti-inflammatory and fight free radical damage. Elderberry has been found to have antibacterial and antiviral properties. A clinical trial supports the use of a standardized elderberry syrup extract for symptoms associated with influenza. \* (1)

• Echinacea has traditionally been used to shorten the duration of the common cold and flu, and reduce symptoms such as sore throat, cough, and fever. Many herbalists recommend echinacea to boost the immune system and help the body fight infections. \* (2)

• **Red Raspberry Leaves** are rich in vitamins B and C, and minerals, including potassium, magnesium, zinc, phosphorus, and iron. They also contain polyphenols, which act as antioxidants to help protect cells from damage. \* (3)

• **Rosehips** are a rich source of vitamin C and may help the immune system fight off foreign invaders. When compared with other fruits, rosehips have the highest antioxidant properties because of their high levels of polyphenols, carotenoids, vitamins C and E. \* (3)

## **Research Sources:**

(1) Elderberry *The American Botanical Council Clinical Guide to Elderberry* <u>https://www.herbalgram.org/media/13294/elderberry-scr.pdf</u> *The Journal of Functional Foods*, Volume 40, January 2018, (pages 377-390) <u>https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub</u>

*Science Direct, Non-vitamin and Non-mineral Nutritional Supplements,* 2019, (pages 211-215) <u>https://doi.org/10.1016/B978-0-12-812491-8.00030-8</u>

(2) Echinacea Journal of Pharmacy and Pharmacology, Volume 57, Issue 8, August 2005, (pages 929–954) https://academic.oup.com/jpp/article/57/8/929/6147494

(3) Herbal Reference https://www.healthline.com

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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