



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

Elderberry Plus Respiratory Support tincture is an all-natural, alcohol-free elderberry tincture with the added respiratory supporting benefits of marshmallow root, mullein leaf, wild cherry bark, licorice root, ginger root, and lemon peel.

Our Elderberry Plus Respiratory Support tincture is made one batch at a time on our family's farm. We use the highest quality herbs, spices, 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 the respiratory system. This tincture is a traditional herbal remedy for times when you need a little extra help through the cold and flu season.

**Ingredients:** Elderberries, marshmallow root, mullein, wild cherry, licorice root, ginger root, lemon peel, 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)
- **Marshmallow Root** is very soothing to inflamed respiratory tissues and its medicinal uses include cough, pharyngitis, laryngitis, and bronchitis. \* (2)
- **Mullein Leaf** has a special affinity for the respiratory organs. Its medicinal uses include cough, asthma, hay fever, pleurisy, nasal congestion, sore throat, and bronchitis. \* (2)
- **Wild Cherry Bark** acts as expectorant, tonic, and astringent on respiratory mucous membranes. Its medicinal uses include cough, bronchitis, asthma, colds, and influenza. \* (2)
- **Licorice Root** is soothing to the respiratory tract and has medicinal uses for cough, sore throat, wheezing, and bronchitis. \* (2)
- **Ginger** has anti-inflammatory and antioxidant effects, and its uses include improving digestion, reducing nausea, and helping fight flu and the common cold. Ginger is frequently used to treat chronic indigestion. \* (3)
- **Lemons** are high in Vitamin C and contain many beneficial plant compounds, essential oils, minerals, and may have anti-inflammatory, antimicrobial, and antiparasitic properties. \* (4)

## **Research Sources:**

(1) Elderberry

*The American Botanical Council Clinical Guide to Elderberry*

<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

*The Journal of Functional Foods*, Volume 40, January 2018, (pages 377-390)

<https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub>

*Science Direct, Non-vitamin and Non-mineral Nutritional Supplements*, 2019, Pages 211-215

<https://doi.org/10.1016/B978-0-12-812491-8.00030-8>

(2) Herbal Reference

*School of Natural Healing: 25<sup>th</sup> Anniversary Edition*, Dr. John R. Christopher

(3) Ginger

Health benefit information source - <https://www.healthline.com>

(4) Lemon

Health benefit information source - <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.***

*Elderberry Plus Respiratory Support Product Information (10-25-22)*

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