



## Whole Dried Elderberries 4 oz.

Our Whole Dried Elderberries (*Sambucus Nigra*) are air-dried and come in a 4 oz. zipper seal bag with an elderberry syrup recipe and three elderberry labels.

**Ingredients:** 100% whole dried elderberries. This product is non-irradiated and vegan.

### About Our Ingredients

Elderberry has been found to have antibacterial, antiviral, and anti-inflammatory properties in research studies. *The Journal of The American Botanical Council* cites a clinical trial supporting the use of a standardized elderberry syrup extract for the treatment of symptoms associated with influenza. The data suggests a 50% reduction in both the severity and duration of symptoms.

The American Botanical Council (ABC) *Clinical Guide to Elderberry* suggests using a standardized liquid extract for 3-5 days, starting at the first sign of flu symptoms. \* (1)

Elderberry is rich in nutrients, such as carbohydrates, proteins, fats, fatty acids, organic acids, minerals, vitamins, and essential oils. Polyphenols, known for their antioxidant activity, are the most important group of bioactive compounds present in elderberry in relatively high concentration. The high antioxidant activity of elderberry fruit is associated with its therapeutic properties.

Elderberry has been used in folk medicine as a diaphoretic, antipyretic, and diuretic agent. In recent years it was also found to have antibacterial, antiviral, antidepressant and anti-tumor and hypoglycemic properties, and to reduce body fat and lipid concentration. \* (2)

Elderberry is traditionally taken as a syrup made from dried or fresh elderberries. Our whole dried elderberries may be used in any recipe calling for dried or fresh elderberries (after reconstituting). Dried elderberries can be used to make your own extracts, syrups, tinctures, teas, or in baked goods.

### Research Sources:

(1) *The American Botanical Council Clinical Guide to Elderberry*  
<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

(2) *The Journal of Functional Foods*, Volume 40, January 2018, (pages 377-390)  
<https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub>

**\* 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.**

Whole Dried Elderberry Product Information (10-5-22)  
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