



Elderberry Plus Calm 2 fl. oz. Alcohol-Free Elderberry Tincture

Elderberry Plus Calm tincture is an all-natural, alcohol-free elderberry tincture with the added calming and soothing benefits of chamomile, lavender, lemon balm, and spearmint.

Our Elderberry Plus Calm 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 help with lowering stress and staying calm. This tincture is a traditional herbal remedy for times when you need more help with calming stress levels.

Ingredients: Elderberries, chamomile, lavender, lemon balm, and spearmint, 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, reducing oxidative stress on cells. Elderberry has been found to have antibacterial and antiviral properties, as well as health promoting and antidepressant properties. * (1)
- **Chamomile** contains an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia. Chamomile may also protect against diarrhea, stomach ulcers, nausea, and gas, likely due to its anti-inflammatory effects. * (2)
- **Lavender** has historically been used as a calming agent to treat sleep disorders, calm nervousness, headaches, and stomach irritations. * (2)
- **Lemon Balm** relieves stress and reduces anxiety. It may also help boost cognitive function, and when combined with other herbs, may ease sleep disorders and restlessness. * (2)
- **Spearmint** is a minty herb that is high in antioxidants and other plant compounds that may improve digestion, lower blood sugar, and reduce stress. * (2)

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

<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 Calm Product Information (11-9-22)
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