



Elderberry Plus Digestion Support 2 fl. oz. Alcohol-Free Elderberry Tincture

Elderberry Plus Digestion Support tincture is an all-natural, alcohol-free elderberry tincture with the added digestion supporting benefits of catnip, fennel, chamomile, peppermint, and ginger.

Our Elderberry Plus Digestion 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 relieve the discomfort of indigestion. This tincture is a traditional herbal remedy for times when you need help with digestive upset.

Ingredients: Elderberries, catnip, fennel, chamomile, peppermint, ginger, 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)
- **Catnip** has traditionally been used to treat gastrointestinal upset, including indigestion, cramping and gas. It also has a calming effect and may help reduce anxiety and nervousness. * (2)
- **Fennel** seeds are rich in nutrients, antibacterial and anti-inflammatory properties, and may soothe muscles in the stomach, helping to prevent gas and aid digestion. * (2)
- **Chamomile** contains antioxidant and anti-inflammatory properties. Chamomile may reduce acidity in the stomach, and protect against diarrhea, stomach ulcers, nausea, and gas, likely due to its anti-inflammatory effects. * (2)
- **Peppermint** may ease digestion, help alleviate tension headaches, relieve clogged sinuses, fight bacterial infections, and improve sleep. * (2)
- **Ginger** uses include improving digestion, reducing nausea, and helping fight flu and the common cold. Ginger has anti-inflammatory and antioxidant effects and is particularly useful for relieving nausea and vomiting and is frequently used to treat chronic indigestion. * (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) Health Benefit 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 Digestion Support Product Information (11-9-22)
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