



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

Elderberry Plus Energy tincture is an all-natural, alcohol-free elderberry tincture with the added energy boosting, stress reducing benefits of eleuthero root, ginger, thyme, and cayenne.

Our Elderberry Plus Energy 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.

Elderberries work synergistically when combined with other medicinal plants. We've combined elderberries with herbs that have historically been used to help the body cope with stress and provide an energy boost. This tincture is a traditional herbal remedy for times when you need more energy and help with handling extra stress.

**Ingredients:** Elderberries, eleuthero root, ginger, thyme, and cayenne.

**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)
- **Eleuthero Root** is an adaptogen herb, also known as Siberian ginseng, thought to help protect the body from the effects of stress, and may be useful for relief of anxiety, depression, and stress burnout. \* (2)
- **Ginger** has powerful anti-inflammatory and antioxidant properties and has traditionally been used to provide relief from chronic indigestion and may improve brain function based on its anti-inflammatory properties. \* (2)
- **Thyme Leaf** is an herb from the mint family that may help lower blood pressure, boost mood, and improve immunity. \* (2)
- **Cayenne** is high in nutrients including vitamin C, provitamin A and flavonoids. Cayenne pepper contains capsaicin which may have anti-inflammatory and antioxidant properties. Cayenne pepper has traditionally been used to increase circulation and to carry nutrients where they are needed most. \* (2) (3)

### **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 Benefit Reference  
<https://www.healthline.com>

(3) Herbal Benefit Reference  
*School of Natural Healing: 25<sup>th</sup> Anniversary Edition*, Dr. John R. Christopher  
*Herb Syllabus: Master Herbalist Guide*, Dr. John R. Christopher

***\* 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 Energy Product Information (11-29-22)*  
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