



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

Elderberry Plus Inflammation tincture is an all-natural, alcohol-free elderberry tincture with the anti-inflammatory benefits of turmeric, ginger, mustard seed, and cayenne.

Our Elderberry Plus Inflammation 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 inflammation. This tincture is a traditional herbal remedy for times when you need more help with inflammation and chronic aches and pains.

**Ingredients:** Elderberries, turmeric, ginger, mustard seed, cayenne, 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)
- **Turmeric** has anti-inflammatory properties which may help decrease pain and protect against disease. Some research suggests it may be as effective as anti-inflammatory medications. \* (2)
- **Ginger** has powerful anti-inflammatory and antioxidant properties and has traditionally been used to reduce inflammation and provide relief from chronic pain. \* (2)
- **Mustard Seed** is rich in a variety of nutrients including iron, calcium, selenium, and phosphorus, and contains antioxidants and beneficial plant compounds that may reduce inflammation. \* (2)
- **Cayenne** is high in nutrients including vitamin C, provitamin A and flavonoids. Cayenne pepper contains capsaicin which may help with pain relief. Research suggests that capsaicin has anti-inflammatory and antioxidant properties. \* (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 Inflammation Product Information (11-9-22)*  
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