



Elderberry Plus Pain Relief 2 fl. oz. Alcohol-Free Elderberry Tincture

Elderberry Plus Pain Relief tincture is an all-natural, alcohol-free elderberry tincture with the added pain-relieving benefits of wood betony, feverfew, nettle, oat straw, marshmallow, and cayenne.

Our Elderberry Plus Pain Relief 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 pain and tension. This tincture is a traditional herbal remedy for times when you need more help for acute pain.

Ingredients: Elderberries, wood betony, feverfew, nettle, oat straw, marshmallow, 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)
- **Wood Betony** is “an excellent remedy for all head and face pains, and for nervous troubles” according to traditional herbalist, the late Dr. John R. Christopher. The traditional medicinal uses of this herb include neuralgia, rheumatism, nervous troubles, headache, and pain. * (2)
- **Feverfew** is a medicinal plant traditionally used for the treatment of fevers, migraine headaches, rheumatoid arthritis, stomach aches, toothaches, and other inflammatory conditions. The anti-inflammatory properties of feverfew may help relieve pain. * (3)(4)
- **Nettle** contains many nutrients that have antioxidant properties, helping reduce oxidative stress on cells and preventing free radical damage. Nettle may help reduce inflammation and may reduce arthritis pain. * (3)
- **Oat Straw** is rich in many antioxidants which have been shown to help reduce inflammation; they may also reduce the production of cytokines, proinflammatory compounds that are linked to chronic conditions. * (3)
- **Marshmallow** root has strong antioxidant and anti-inflammatory properties that may help protect the body from free radical damage and may act as an analgesic to relieve pain. Traditional uses of this herb include inflamed or swollen joints and muscles. * (2)(3)

• **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. * (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 Reference

School of Natural Healing: 25th Anniversary Edition, Dr. John R. Christopher

Herb Syllabus: Master Herbalist Guide, Dr. John R. Christopher

(3) Health Benefit Reference

<https://www.healthline.com>

(4) Research Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210009/>

**** 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 Pain Relief Product Information (11-14-22)

wholesale@elderberryfamilyfarms.com

www.elderberryfamilyfarms.com