



## Elderberry Chocolate Sauce 6 oz.

Our Elderberry Chocolate Sauce is an all-natural, concentrated elderberry and chocolate sauce that easily blends with any dessert or recipe. All the health benefits of elderberries and cocoa in an easy-to-use jar.

Elderberry Chocolate Sauce can be taken straight off the spoon, or you can pour it over fresh fruit, ice cream, cheesecake, etc. Vegan friendly, no corn syrup, no artificial flavors or sweeteners, non-GMO, and no unknown chemical preservatives

**Ingredients:** Elderberry juice concentrate, sugar, cocoa, pectin, and lemon juice

### About Our Ingredients

- **Elderberries** are rich in nutrients and antioxidants. The high antioxidant activity of elderberries is associated with their therapeutic properties. In recent years elderberry has been found to have antibacterial, antiviral, and anti-inflammatory properties. A clinical trial supports the use of a standardized elderberry syrup extract for symptoms associated with influenza. \* (1)
- **Cocoa** is one of the richest sources of polyphenols. It's especially abundant in flavanols, which have potent antioxidant and anti-inflammatory effects. Health benefits of cocoa include decreased inflammation, improved heart and brain health, blood sugar and weight control and healthy teeth and skin. \* (2)
- **Lemons** are high in Vitamin C and contain many beneficial plant compounds, minerals, and essential oils. Because lemons contain Vitamin C and citric acid, they may help protect against anemia by helping you absorb the iron in your diet. Lemons may also help lower your risk of heart disease, cancer, and kidney stones. \* (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>

(2) Cocoa

Health benefit information source - <https://www.healthline.com>

(3) Lemon

Health benefit information source - <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 Chocolate Sauce Product Information (3-20-23)*

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