



Elderberry Jam 6 oz.

Our Elderberry Jam is an all-natural condiment with all the flavor and versatility of jam and the immune boosting abilities of Elderberries! Homemade one batch at a time on our family's farm.

We use a sweet mix of elderberries, cinnamon, ginger, cloves, and lemon to make a delicious and nutritious treat. Some people say it tastes "Like Christmas." Enjoy it on toast, in your favorite recipes, or by the spoonful!

Ingredients: Elderberry juice, sugar, pectin, cinnamon, ginger, cloves, lemon juice.

About Our Ingredients

- **Elderberries** are rich in nutrients and antioxidants. The high antioxidant activity of elderberries is associated with their therapeutic properties. 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)
- **Cinnamon** is loaded with antioxidants such as polyphenols that protect your body against oxidative damage caused by free radicals. Studies show that this spice and its antioxidants have impressive anti-inflammatory properties. Cinnamon is also well known for its ability improve sensitivity to insulin and for its blood sugar lowering properties. Cinnamon also helps fight bacterial and fungal infection. * (2)
- **Ginger** contains gingerol, which has powerful medicinal properties. It has a long history of uses including improving digestion, reducing nausea, and helping fight flu and the common cold. Like cinnamon, ginger also has powerful anti-inflammatory and antioxidant effects. Ginger relieves nausea and vomiting, and is frequently used to treat chronic indigestion. * (2)
- **Cloves** have been shown to have antimicrobial properties, which means they help stop the growth of microorganisms like bacteria. And like ginger and cinnamon, they are also high in antioxidants. They may also assist with keeping blood sugar in check and some research suggests that the compounds found in cloves might even help protect against cancer. * (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) Spices

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 Jam Product Information (3-20-23)

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