



## Elderberry Orange Jam 6 oz.

Our Elderberry Orange 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, orange, and lemon to make a delicious and nutritious treat. Enjoy it on toast, in your favorite recipes, or by the spoonful!

**Ingredients:** Elderberry juice, sugar, pectin, orange juice concentrate, orange peel, orange oil, 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)
- **Oranges** contain vitamin C and folate, plus smaller amounts of other nutrients, including calcium, potassium, and thiamine (vitamin B1). Oranges are an excellent source of various bioactive plant compounds that have anti-inflammatory and antioxidant effects, including flavonoids, carotenoids, and vitamin C. (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 with absorption of iron in the diet. Lemons may also help lower the risk of heart disease, cancer, and kidney stones. \* (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>

(2) Orange, 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 Orange Jam Product Information (3-20-23)*

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