



Respiratory Support Healing Honey 8 oz.

Our Respiratory Support Healing Honey is an unfiltered, locally produced, all-natural sweetener infused with herbs that provide wellness straight from the plant.

Made from the highest-quality honey available, our Respiratory Support Healing Honey is a great way to enjoy the health benefits of honey, elderberries, and ginger in one delicious sweetener.

This herbal-infused honey is the perfect addition to your medicine cabinet.

Ingredients: Raw-unfiltered honey, elderberries, marshmallow root, mullein leaf, wild cherry bark, licorice root, ginger root, and lemon peel

About Our Ingredients:

•Raw Honey is highly nutritious, with traces of minerals and vitamins, flavonoids, and polyphenols, which act as antioxidants to destroy free radicals. Honey is also anti-bacterial, anti-viral, and anti-fungal, and acts as an energizer to help overcome fatigue and regain energy.

Many of the beneficial nutrients in honey are destroyed in the pasteurization process of most commercially prepared honey products. Raw honey retains all the nutrients and medicinal properties that are lost when honey is heated. (1) *

• **Elderberries** are naturally rich in antioxidants that protect cells and support immune and respiratory health.*

• **Marshmallow Root** gently soothes inflamed respiratory tissues, helping calm coughs and irritation.*

• **Mullein Leaf** has a special affinity for the lungs and may assist with cough, congestion, and sore throat.*

• **Wild Cherry Bark** acts as an expectorant and tonic to promote clearer breathing.*

• **Licorice Root** supports the respiratory tract, easing cough and wheezing while coating dry throats.*

• **Ginger Root** helps reduce inflammation and supports circulation, digestion, and cold recovery.*

• **Lemon Peel** adds vitamin C, minerals, and plant compounds that may enhance immune resilience and respiratory comfort.*

If your honey crystallizes, simply place the jar in a pan of warm water to gently soften—never microwave or place directly on heat.

Contains Honey – Do not give honey to children under 1 year old.

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.

Disclaimer: *External (outbound) links to other websites or educational material (e.g., PDF's, research sources, etc....) that are not explicitly created by Elderberry Family Farms are followed at your own risk. Under no circumstances is Elderberry Family Farms responsible for the claims of third-party websites or educational providers.*

For more information

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

(3) Ginger

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

(4) Lemon

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