



Throat Support Healthy Honey

Our **raw, local, unfiltered healthy honey** is not only delicious but also highly nutritious. It contains traces of essential minerals, vitamins, and powerful antioxidants that may help reduce the risk of heart attacks, strokes, and certain types of cancer. Naturally **anti-bacterial, anti-viral, and anti-fungal**, this golden honey supports overall wellness while promoting immune balance. In addition, research suggests that honey may help **soothe sore throats and suppress coughs**—in fact, one study found it to be even more effective than two common cough medications.*

To complement your honey routine, this **herbal recipe** is designed to comfort irritated throats and strengthen the body's natural defenses. Crafted one small batch at a time on our family farm, it combines **elderberries, marshmallow root, licorice root, echinacea purpurea, thyme leaf, and orange peel**. These herbs work together to calm throat discomfort, ease coughing, and encourage clear breathing through seasonal challenges.

Our recipes are created with care—safe enough for our own children and grandchildren. Crafted one small batch at a time on our family farm, we use only the finest herbs to preserve the full potency of each botanical.

Ingredients: Raw Unfiltered Honey, Elderberries, Marshmallow Root, Licorice Root, Echinacea Purpurea, Thyme Leaf, and Orange Peel.

About Our Ingredients

- **Honey** we use raw, local, and unfiltered—gathered straight from the hives near our family farm in Payson, Utah. Rich in nutrients, it contains trace minerals, vitamins, and antioxidants that have been linked to a reduced risk of heart disease and certain types of cancer. Because it is naturally anti-bacterial, anti-viral, and anti-fungal, this golden honey has long been valued for soothing coughs and sore throats. In fact, research shows that honey may even be more effective than some common cough medications.*
- **Elderberries** are rich in antioxidants that fight free radicals and inflammation. Studies support their antibacterial and antiviral benefits, including for symptoms of influenza.*

- **Echinacea** is traditionally used to shorten colds and flu while easing sore throats, coughs, and fevers. Herbalists value it for its immune-boosting effects.*
- **Marshmallow Root** soothes an inflamed throat and respiratory tissues, helping ease coughs and dryness.*
- **Licorice Root** helps calm the respiratory tract and is often used for sore throat, cough, and bronchial irritation.*
- **Thyme Leaf** comes from the mint family and may help reduce coughing, fight bacterial infections, and relieve throat discomfort.*
- **Orange Peel** adds nutrients such as vitamins A, B, and C and polyphenols that may support immune and respiratory health.*

For more information about elderberries, click the link below

<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

**** 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.