



Elderberry Plus Pollen Support

Elderberry Plus Pollen Support is a simple, thoughtfully crafted herbal blend designed for everyday seasonal use. Made with a short list of recognizable ingredients, this formula is built for people who want something easy to return to, day after day. Instead of adding another complicated step to your routine, this blend fits naturally into what you're already doing, offering a consistent, food-based option during times of seasonal change.

We chose each ingredient with intention, focusing on botanicals that have a long history of traditional use. Elderberries are paired with marshmallow root, astragalus root, and ginger root to create a balanced blend that complements a steady, daily routine. Extracted in vegetable glycerin and clear mountain well water, this alcohol-free formula offers a smooth, approachable taste that works well for the whole family.

This is not about quick fixes or overwhelming protocols. It's about keeping things simple, something you can take in seconds and stay consistent with over time. Whether used on its own or alongside our Healthy Honey, Elderberry Plus Pollen Support is designed to be a reliable part of your daily rhythm during seasonal transitions.

Ingredients:

Elderberries, Marshmallow Root, Astragalus Root, Ginger Root, Clear Mountain Well Water, Vegetable Glycerin

About Our Ingredients

- **Elderberries** are rich in antioxidants that fight free radicals and inflammation. Studies support their antibacterial and antiviral benefits, including for symptoms of influenza.*
- **Marshmallow Root** soothes an inflamed throat and respiratory tissues, helping ease coughs and dryness.*
- **Astragalus Root** has shown effects of improved seasonal allergy symptoms. Though studies are limited, one study found astragalus to reduce sneezing and a runny nose in individuals with seasonal allergies. *(3)

- **Ginger Root** is one of the plant compounds that has anti-inflammatory, antioxidant, and immunomodulatory properties. The ameliorative (helpful) effects of this plant on allergic diseases have been identified to reduce the clinical symptoms of allergic diseases. * (4)
- **Vegetable Glycerin** makes it possible for our herbal blends to be alcohol-free. It tastes naturally sweet and is gentle for children and adults (even diabetic friendly!) Easy to take on the go without worrying about refrigeration until you get home from the day, making Pollen Support a simple daily addition during times of increased environmental exposure.

Research Sources:

(1) Elderberry

The American Botanical Council Clinical Guide to Elderberry

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

(2) Herbal Reference

School of Natural Healing: 25th Anniversary Edition, Dr. John R. Christopher

(3) Astragalus Root

Astragalus: An Ancient Root With Health Benefits

<https://www.healthline.com/nutrition/astragalus#what-it-is>

(4) Ginger Root

Ameliorative Effects of Ginger on Allergic Diseases: An Updated Review

<https://onlinelibrary.wiley.com/doi/abs/10.1002/mnfr.202300899>

**** 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.***

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