



Elder berry INFUSION

ANTIVIRAL
Immune tonic

Ingredient

Black Elder	berry	<i>Sambucus nigra</i>	Organic
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DOSAGE

DECOCTION: ¼ cup, 1-2 times a day, for a few weeks.

SYRUP: 1-2 tbsp, 1-2 times a day, for a few weeks.

DIRECTIONS FOR USE

DECOCTION: 4 tbsp of berries in 1 litre of water, soak for a few hours, simmer then filter.

SYRUP: prepare a concentrated decoction with 150 g of berries in 2 litres of water. Soak for 2 hours, cover and simmer 45 minutes. Turn off heat and let cool. Filter. Simmer liquid on low heat, uncovered, stirring occasionally, until reduced to half. Add 150 ml of organic raw sugar, let cool and add 50 ml tincture (astragalus, usnea, reishi). Bottle and store away from heat.

MODE OF ACTION

Elder berry is a powerful antiviral that act on many pathogens (Influenza A and B, cold sores, shingles, Epstein-Barr), and is recommended to fight cold and flu. It has been demonstrated that the flavonoids contained in elder berries block the adhesion of viruses to cell receptors, thereby inhibiting the proliferation of viruses. It significantly reduces the length of cold and flu. Symptoms are reduced in less than 24 hours if it is used at the start of infection. It is also excellent in prevention, especially when the risk of contagion is high.

As an immune regulator, it strengthens the immune system and improves the immune response in both healthy and infected subjects. Elder berry stimulate the production of certain cytokines that activate phagocytes and help them migrate towards inflamed tissues to speed recovery. Also, the anti-inflammatory action of its anthocyanins explains its efficiency at relieving muscle pain and fever associated with the flu.

Elder berry is known for its diaphoretic, antiseptic and expectorant properties. It is use in ailments of the upper respiratory tract. As an anticatarrhal, it reduces the production of mucus, thereby freeing the bronchi and reducing congestion and runny nose associated with viral infections and hay fever.

Elder berries contain polyphenols, mainly flavonoids (isoquercetin, rutin, anthocyanin, cyanidin-3-glucoside, cyanidin-3-sambubioside). They contain triterpenes (α and β -amyrin, oleanolic acid, ursolic acid), minerals (K, Ca, P, Fe), vitamins (A, C, P), fatty acids (linoleic, linolenic, palmitic) and volatile oils. They also contain glucosides (sambunigrin), acids (chlorogenic, citric, malic), tannins and mucilages. Its anthocyanins are an excellent source or antioxidants which help neutralize free radicals and

protect cells against oxidative stress, thereby reducing its harmful effects on health.

As an alterative, *Sambucus nigra* berries increase blood circulation to the tissues, improve metabolism and detoxication. This has a beneficial effect on skin troubles such as eczema, acne and boils.

HELPFUL ASSOCIATIONS

DRASTIX for cold and flu.

PULMONA TEA for all problems of the respiratory tract.

COLD & FLU TEA infusion or **CONGESTOP**, for cold and flu.

PLANTAIN SYRUP for cough and irritation of the respiratory tract.

SLIPPERY ELM infusion for tonsillitis and laryngitis.

ASTRAGALUS tincture, in prevention, to strengthen immunity.

ETHNOBOTANY

Immune and respiratory systems: cold, flu, chronic nasal congestion causing deafness, sinusitis, allergies, respiratory difficulties, tonsillitis, laryngitis, sore throat, mononucleosis, herpes, shingles, childhood illness.

Digestive system: constipation, inflammation of the intestinal lining.

Other uses: rheumatism, headaches, tooth aches, high or low blood pressure, high blood sugar, water retention, anaemia, neuralgia.

HISTORY

Elder berries were used as medicine in ancient Egypt and Greece. Hippocrates mentions elder as a laxative in the year 400 BC, and Dioscorides (60 AD) writes about the medicinal virtues of elder after a trip to the Roman Empire.

Elder was widely used in the first medical schools of Italy. European hospitals served elderberry jam to their patients at the start of the 19th century. Warm elderberry wine was sold in the streets of London until the end of the 19th century. In America, many First Nations brought them along as food when traveling or on hunting trips. The Iroquois used them as a poultice to reduce fever caused by the mumps and the Cherokee used elderberry juice to treat rheumatism.

CONTRA-INDICATIONS

Consult a health care practitioner if you are pregnant, breastfeeding or if symptoms persist or worsen.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

