



Elder berry TINCTURE

COLDS & FLU
Antioxidant

NPN 80076129
50 ml

Each ml contains

Black Elder	fresh berry	<i>Sambucus nigra fructus</i>	1:1	981 mg	Organic
Alcohol 10% to 15%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 4 times a day.

TREATMENT:

Adult: 2 ml, 2 times a day.

Adolescent 10-14 years old: 0.5 ml, 2 times a day.

Children 4-9 years old: 0.2 ml, 2 times a day.

DIRECTIONS FOR USE

Dilute tincture in a mouthful of water. Shake before using.

For long-term treatment, use 6 days out of 7.

MODE OF ACTION

Elder berry 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) and volatile oils. They also contain glucosides (sambunigrin), acids (chlorogenic, citric, malic), tannins and mucilages.

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

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 in relieving muscle pain and fever associated with the flu.

Elder berry is also known for its antiseptic and expectorant properties. It is use to treat sore throats and 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.

The anthocyanins in elder berries are an excellent source or antioxidants which help neutralize free radicals and protect cells against oxidative stress, thereby reducing its harmful effects on health.

Sambucus nigra berries are alterative and increase blood circulation in the tissues, improve metabolism and detoxification. 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.

PLANTAIN SYRUP for cough and troubles of the respiratory tract.

COLD & FLU TEA for cold and flu.

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.

Other uses: rheumatism, headache, tooth ache, high or low blood pressure, high blood-sugar, water retention, anemia, neuralgia, cancer.

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 wrote about the medicinal virtues of elder in 60 AC 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. Hot 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 elder berry juice to treat rheumatism.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or during pregnancy or breastfeeding.

INTERACTIONS

None known.

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