



Elder flower TINCTURE

COLDS & FEVER

Relieves cold symptoms

NPN 80017071

50 ml

Each ml contains

Black Elder	fresh flower	<i>Sambucus nigra flos</i>	1:2	451 mg	Organic
Alcohol 30% to 35%, certified organic					

DOSAGE

INTERVENTION: 1 ml, 5 times a day, for a maximum of 1 week.

TREATMENT: 1.5 ml, 3 times a day.

DIRECTIONS FOR USE

Shake before using.

Dilute tincture in a mouthful of water.

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

MODE OF ACTION

A choice herb to treat viral infections, elder flower is antiviral and helps relieve symptoms of cold and flu such as fever, nasal congestion, sore throat and cough. It contributes to the elimination of pulmonary catarrh and the treatment of minor inflammation of the upper respiratory tract.

In Germany, it is used as a diaphoretic to treat fever associated with colds. Elder flowers brings on sweating to relieve fever, increase the reaction of sweat glands to heat and promote sweating in healthy individuals.

Elder flowers contain up to 3% flavonoids (kaempferol, astragalgin, quercetin, rutin, isoquercitrin, hyperoside) and major secondary metabolites, such as 1% triterpenes (α - and β -amyrin, ursolic acid, oleanolic acid), 1% sterols (β -sitosterol, campesterol, stigmasterol), 3% phenolic acids and associated glucosides (chlorogenic acid, ferulic acid, caffeic acid et p-coumaric acid), volatiles oils, tannins, mucilage and plastocyanins (proteins).

In vitro studies have demonstrated that the alcohol extract of elder flowers inhibits the biosynthesis of cytokines (interleukin-I α , interleukin-I β and TNF- α), which explains its anti-inflammatory action. It is used in cases of sinusitis to reduce the inflammation of mucus membranes, thereby relieving nasal congestion.

A recent study shows that some water-soluble compounds of elder flowers directly stimulate glucose metabolism by the muscles and promote the secretion of insulin by the beta-cells of the pancreas, making it beneficial for high blood-sugar.

As a diuretic, this herb is rich in potassium and favours the excretion of sodium by the kidneys. It is therefore helpful when there is swelling of the lower limbs.

HELPFUL ASSOCIATIONS

LEMONBALM infusion for viral infection.

PULMONA TEA for all respiratory problems.

PLANTAIN SYRUP for all respiratory problems.

INFECTIX for infection.

SLIPPERY ELM infusion for tonsillitis and laryngitis.

SINUSTOP for sinusitis.

ETHNOBOTANY

Immune and respiratory systems: relieves symptoms of cold and flu, fever, upper respiratory tract inflammation, sinusitis, chronic nasal congestion with deafness, bronchitis, sore throat.

Digestive system: diarrhea, constipation.

Other uses: hyperglycemia, rheumatism, headache, swelling, gout.

HISTORY

The use of elder for nutritional, medicinal and magical purposes dates back to the beginnings of mankind. Elder seeds and traces of elder trees were found in Stone Age sites in Switzerland and Italy. The use of elder spread to all of Europe, Greece and as far as India where it quickly became a part of the ayurvedic pharmacopeia. In the Middle Age, it was used against water-retention and in spring detox diets. In North-America, traces of *Sambucus racemosa* were found in sites dating from the 11th Century in Michigan and the 14th Century in Ontario. First Nations peoples used it as a cure for ergot poisoning. They prepared a decoction of elder and dipped their corn seeds in it in a ceremony before planting. Today, elder is one of the most important medicinal crops in Germany.

CONTRA-INDICATIONS

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

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

