

Product Profile

ELDER FLOWER

Sambucus canadensis & *S. nigra*

Liquid extract of dried flowering umbels.

Actions: Diaphoretic which helps lower fevers. Diuretic. Alterative that increases excretion and elimination of metabolic wastes.

Uses: Simple fevers, colds and flu. Bronchitis and to clear bronchial phlegm. Defective excretion and elimination; adema. Skin maladies caused by metabolic toxins, especially those with watery discharge like "weeping eczema" and dermatitis caused by poison ivy or poison oak.

Dose: Take 30 to 40 drops, 2 to 5 times per day. To induce sweat take 40 to 80 drops with hot water or tea and soak body in hot water. Topically apply full strength (if well tolerated) or dilute with 1 or 2 parts water.

Cautions: None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.