

Product Profile

ELDERBERRY

Sambucus nigra

Liquid extract of dried, fully ripened berry.

Actions: Nutritive. Antioxidant. Anti-inflammatory. Antiviral. Enhances bronchial secretions.

Uses: To shorten the severity and duration of colds and flu. Treatment of coughs, bronchitis, laryngitis, hay fever, and sinus congestion and inflammation. Elderberry extract's pleasant flavor makes it ideal for the treatment of children.

Dose: Take 30 to 40 drops, 3 or 4 times per day.

Cautions: Large doses may cause a mild laxative action.



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.