

ELDERBERRY

(Sambucus nigra)



Elderberries contain Powerful Antioxidants that work to keep the Immune System Strong and Resilient. Rich in Flavonoids & Bio-Flavonoids, High in Vitamin C

Herbal Actions: Anti-Inflammatory, Anti-Bacterial, Anti-Cancer, Anti-Viral, Anti-Oxidant, Detox herb, alterative, anti-catarrhal, Antispasmodic, Decongestant, Digestive, Nervine, Rejuvenative, tonic, blood purifier, alterative, diaphoretic

Known Benefits of Elderberry Syrup:

- ~Boosts the Immune System
- ~Alleviates Respiratory Conditions such as flu/cold and cough
- ~Anti-Inflammatory, Anti-Viral,
- ~A Natural Diuretic
- ~Allergy Relief
- ~Regulates blood sugar, lowers blood pressure
- ~Effective in killing common pathogens
- ~Promotes eye health, cardiovascular health, and respiratory health, and to protect other systems prone to inflammation.

You can incorporate elderberry syrup in so many delicious ways:

- ~ Mix and freeze juice and elderberry syrup in popsicle molds.
- ~ Flavor seltzer water with elderberry syrup to make a yummy and healthy soda.
- ~ Make hot elderberry cider or tea by adding elderberry syrup to hot spiced apple cider or a nice cup of tea.
- ~ Fortify your smoothies with elderberry syrup.

Hippocrates, the ancient Greek known as the “Father of Medicine,” described this plant as his “medicine chest” for the wide variety of ailments it seemed to cure.

***Elderberries are considered safe, however please consult with your healthcare professional if you are pregnant, breastfeeding, autoimmune conditions (as it may stimulate the immune system), have had an organ transplant, or taking prescription medications.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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