



Elderberry & Honey Tonic

What are Elderberries?

Elderberries are the fruit of the flowering bush known as Sambucus. They are a strong antioxidant packed with nutrients to help your body's immune system. The berries possess one of the highest antioxidant ratings among edible berries. Antioxidants help scavenge free oxygen radicals from the human body, and thereby, potentially protect it from cancers, aging, degenerative diseases, and infections.

Benefits of Elderberries:

***Boost Immune System-** Elderberries have antibacterial and anti-infectious qualities and is commonly used to prevent and alleviate the **flu and cold**. The bioflavonoids in elderberries boost the body's immune system to fight against viruses and infections. Allergies can also be alleviated by calming the body's inflammatory response.

***Aid Digestion-** Elderberries carry more than 40% of your daily requirements for fiber in a single serving, which can help alleviate constipation, reduce excess gas, and generally increase the health of your gut. Fiber can also help to increase your stomach's nutrient uptake efficiency so you get more out of your food,

***Improve Respiratory Health-** When it comes to clearing up a sore throat, a cough, cold, sinus infection, bronchitis, or any other issue that affects your respiratory system, elderberry is a great solution. Like many cough syrups, they contain active ingredients (bioflavonoids like anthocyanins) that can soothe inflammation and irritation and also act as an expectorant and clear out phlegm. It has been noted to help those with asthma as well.

***Improve Bone Health-** The antioxidant and anti-inflammatory compounds found in elderberries can help alleviate joint pain and soreness from inflammation, the high levels of essential minerals may help promote bone strength and development of new bone tissue.

Additional Immune Boosting Ingredients:

Most elderberry syrups only have 4-5 ingredients. However, in this unique recipe we add 12 powerful immune boosting ingredients to give you extra health benefits in ONE daily dose! With no additives or fillers like other mainstream elderberry products.

Black Sambucus Elderberries- Powerful immune support that is high in vitamins A/B/C, amino acids, minerals, potassium and antioxidants	Raw Dark & Unfiltered Honey- Allergy, cough/sore throat relief, anti-bacterial and adds a delicious flavor
Turmeric- Natural pain killer/anti-inflammatory	Ginger- Antifungal, nausea and digestive support
Rose Hips- High levels of vitamin C to fight illness	Cinnamon- Antioxidant rich, antimicrobial
Garlic- Nature's antibiotic	Clove- Kills parasites, mold/fungus, anti-inflammatory
Echinacea- Cuts that chances of catching a cold by 58%	Astragalus- Adaptogenic herb that boosts immune system
Elderflower- Herbal allergy reliever	Hibiscus- Aids hypertension, lower blood pressure, reduce blood sugar levels, support liver function

Directions: Adults take 1 Tbsp per day for preventative or every two hours if sick. Children take 1 tsp per day for preventative or every two hours when sick. After open keep refrigerated for up to two months. *2,000 MG of Elderberry per Tsp*

Contains Honey: Do not give to children under 1 year of age