

QUICK REFERENCE SHEET

Elderberry Syrup *Combination*

Elderberries, Elderflower

2.5 Elderberries
2.5 Elderflower

Total Herbs 5.0 oz
Tincture Ratio - 1:5

This syrup is made with both Elderberries and Elderflowers. The berries and flowers have vastly different healing properties that complement each other well. Possible uses for this syrup include fevers, colds, flu, clear mucus, and pain relief.

Elderberries are rich in vitamin C, vitamin A, and flavonoids. Elderberries are antioxidant powerhouses and may prevent cell damage, even in the toxic environment that modern life has created for each of us. Only black currants and Rosehips contain more vitamin C than Elderberries. Elderberries also contain iron, potassium, phosphorus, copper, calcium, vitamin B6, beta carotenes, and proteins.

Elderflower is considered to be one of the mildest, but one of the greatest and most versatile herbs. Elderflower aids in cleansing the blood, and the cells, of waste products and toxins. Elderflower increases circulation and will bring down a fever by producing a healing sweat as quickly as any herbal agent that I know of. Elderflower has constituents that act as mild sedatives and analgesics for the relief of pain. It also acts as an expectorant, with anti-catarrhal and anti-inflammatory actions.