

QUICK REFERENCE SHEET

Elderberry Plus *Combination*

Cinnamon, Clove, Echinacea, Elderberries, Elderflower, Ginger



1.5 Echinacea Mix
1.25 Elderberry
1.25 Elderflower
1.0 Cinnamon
0.5 Clove
0.5 Ginger

Total Herbs 6.0 oz
Glycerin Ratio - 1:5

Elderberry Plus is formulated with herbs that are jam-packed with nutrients to help the body maintain wellness and vitality. This formula boosts the immune system, supports energy production, and addresses nutritional deficiencies. The tincture can be taken daily for maximum nutritional and immune support or at the onset of illness to help shorten its duration. It has a pleasant taste with notes of clove and cinnamon.

Elderberry and elderflower, both from the *Sambucus nigra* plant, are rich in vitamin C, vitamin A, and flavonoids. These parts of the plant are high in antioxidants and have anti-inflammatory properties. They are said to reduce the duration of colds and flu when taken early in the illness. Elderberry is traditionally used to boost immune response and can be taken daily to help prevent illness. Historically, it has also been used to alleviate muscle and joint pain, ease headaches, and help the body cope with stress. Additionally, elderberry is known for fighting infections and reducing fevers, making it one of the world's most healing plants.

Echinacea is a powerhouse of vitamins A, C, and E, along with calcium, iron, iodine, potassium, and sulfur. It contains antimicrobial and antiviral compounds that are said to shorten the duration of colds and flu, ease sore throat pain, and reduce fever. Research indicates that echinacea increases white blood cell count, helping the body fight infections more effectively.

Cinnamon is rich in antioxidants and has anti-inflammatory properties. Traditionally used by many ancient cultures, cinnamon helps lower blood sugar levels, reduce high cholesterol, ease inflammation, and lower blood pressure. It is also thought to restore gut bacteria balance, supporting healthy digestion. Cinnamon contains potassium, magnesium, and calcium.

Cloves are rich in minerals such as potassium, manganese, iron, selenium, and magnesium. They also contain vitamins A, C, E, K, and various B vitamins. Cloves are believed to support liver health, stabilize blood sugar levels, and help with coughs. They have traditionally been used for indigestion and flatulence.

Ginger has potent anti-inflammatory and antioxidant effects. It contains iron, magnesium, vitamin B6, vitamin C, and zinc. With antiviral and antibacterial properties, ginger is often used for nausea, chronic indigestion, and lowering cholesterol levels. It also helps ease common cold symptoms such as muscle fatigue and sore throat.

Each of these remarkable herbs has much more to offer. Visit their individual pages for further details.