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Top 8 Elderberry Benefits

1. Major Cold & Flu Relief

Elderberry extract has been shown to be a safe, efficient and cost-effective treatment for both cold and flu symptoms thanks to its anthocyanidins.

2. Sinus Infection Aid

With elderberry's anti-inflammatory and antioxidant properties, it also helps clear up sinus infections.

3. Lowers Blood Sugar

Research has confirmed that extracts of elderflower stimulate glucose metabolism and the secretion of insulin, lowering blood sugar levels.

4. Natural Diuretic

Elderberry has been shown to promote both urination and bowel movements.

5. Natural Laxative

Studies have indicated that elderberry, in combination with other compounds, can help treat constipation.

6. Encourages Healthy Skin

Its bioflavonoids and antioxidants, as well as its high vitamin A content, make it awesome for skin health.

7. Ease Allergies

Since allergies involve an overreaction of the immune system as well as inflammation, elderberry's ability to improve the immune system and calm inflammation helps treat allergy symptoms.

8. Helps Prevent Cancer

Edible berry extracts like elderberry extract are rich in anthocyanins and have been shown to have a broad spectrum of therapeutic, pharmacologic and anti-carcinogenic properties.

References: <https://draxe.com/elderberry/>

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.

Recommended Immunity Protocol

To Support Immunity - * Low Risk **Moderate Risk ***High Risk

pH Silver * ** ***

2 sprays inhaled through nose & mouth 3-5x per day

5 ml 3-5 times per day

Cataplex D * ** ***

1 tablet 3x per day

Echinacea Premium * ** ***

1 tablet 2-3x per day

Epimune Complex ** ***

1 tablet 2-3x per day

Immuplex ** ***

1 tablet 2-3x per day

Thymex ***

1 tablet 2-3x per day

Zinc Chelate* ** ***

1 tablet 3 x per day

For Cough & Congestion –

pH Silver

2 sprays inhaled through nose & mouth 3-5x per day

5 ml 3-5 times per day

Congaplex

1 tablet 3-5x per day

Pneumotrophin

1 tablet 3-5x per day

Elderberry Syrup

1 tsp 3-5x per day

For Sore Throat –

Herbal Throat Spray

2 sprays in mouth 3-5x per day