

Elderberry Syrup

Super For Immunity

Organic Ingredients:

- elderberries
- rosehips
- hibiscus
- ginger root powder
- echinacea powder
- whole cinnamon
- whole cloves 10 cloves

Dosage and Storage

1. Store prepared syrup in the refrigerator.
2. Good for four months from the time syrup is made.
3. Because it is made with honey, it is not intended for infants under 12 months.
4. Dosage 1 tablespoon daily for adults; 1 to 2 teaspoons daily for children.
5. If ill, every two hours.

Here is what the mix looks like on a plate



Instructions, if preparing the kit

1. Pour 5 cups of water in a sauce pan and bring to boil
2. Turn heat off. Add elderberry mix. Stir. Cover. Set timer for 60 minutes
3. Pour mixture through the sieve. Smash berries against the wire sides to release as much nutrients in the straining.
4. Let cool slightly. Add 1 cup raw honey stir until dissolved.
5. Pour into storage containers. Glass bottles are best.
6. Refrigerate

Elderberries

Elderberries are the fruit of the Sambucus tree. The most common type is the Sambucus nigra. The tree has clusters of small white or cream elderflowers and bunches of small blue or black elderberries. Native Americans and European herbalists have long used elderberries for their supposed range of health benefits. These include boosting the immune system to help the body fight off colds, [flu](#), and other respiratory infections.

Nutrition of Elderberry :

Elderberries contain many vitamins and nutrients that can benefit people's health. One cup of elderberries [contains](#) 106 [calories](#) and 26.68 grams (g) of [carbohydrate](#). A cup also contains the following vitamins and minerals:

- 870 mg of vitamin A
- 406 mg of [potassium](#)
- 52.2 mg of vitamin C
- 9 mg of [folate](#)
- 55 mg of [calcium](#)
- 2.32 mg of iron

Elderberries are also an excellent source of fiber, containing 10.2 g of dietary fiber per cup. This makes up a large amount of the recommended daily intake, which according to [Dietary Guidelines for Americans](#) is 34 g for men and 28 g for women.

Meeting daily fiber recommendations can have the following health benefits:

- prevent [constipation](#)
- improve bowel function
- protect against [colorectal cancer](#)
- reduce [blood pressure](#)
- protect against cardiovascular disease
- lower blood [cholesterol](#)

Health Benefits:

Evidence-based health benefits of elderberries

The elderberry contains certain compounds and substances that might have a beneficial impact on health. We take a look at the evidence behind some of the main reported health benefits of elderberries:

Fighting colds and flu

There is some evidence to support the claim that elderberry can help treat colds and flu, though the available studies are small. A [systematic review from 2010](#) concluded that elderberries might have [antioxidant](#) and antiviral effects, though the authors state that more research is needed. [In one study](#), 60 people with flu-like symptoms took 15 milliliters (ml) of elderberry syrup four times a day. Their symptoms improved 4 days before the people who took a [placebo](#).

[In another study](#), 32 people with flu-like symptoms took lozenges containing 175 milligrams (mg) of elderberry extract four times a day for 2 days. After 24 hours, they reported an improvement in symptoms, such as [fever](#), [headache](#), muscle aches, and nasal congestion. A [double-blind, randomized control trial](#) looked at whether elderberry extract could prevent people from experiencing cold-like symptoms after traveling on an airplane. People took lozenges containing 300 mg of elderberry extract and 150 mg of rice flour twice a day for 10 days before traveling. Researchers found that the capsules did not prevent the symptoms, but people who took elderberry had less severe symptoms that lasted for a shorter time.

Treating acne

Elderberry fruit contains high levels of flavonoids, which means it might have anti-inflammatory and antioxidant properties. These help to protect healthy cells from harmful free radicals that play a role in skin problems.

The [American Nutrition Association \(ANA\)](#) suggest that using an elderberry face wash can help fight [acne](#) because of its antiseptic effects.

Reducing wrinkles

Elderberries contain high levels of [vitamin](#) A. The ANA also say that elderberries may soothe the skin, help ease the appearance of age spots, and prevent or lessen wrinkles.