

# BLACK ELDERBERRY

## Ultimate Support for Healthy Immune Function\*

### DOSAGE

2 Liquid Phyto-Caps, 3 times daily

### DURATION OF USE

2-3 months

### BEST TAKEN

Between meals, with warm water

### HISTORY

European elderberry (*Sambucus nigra*), has been recognized in Europe for its health-promoting properties for many generations. It is known to contain a range of anthocyanins, flavonoids, and other polyphenolics that contribute to the high antioxidant capacity of its berries.

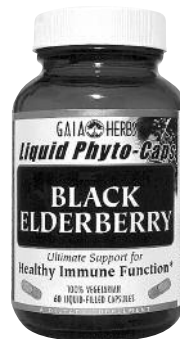
Elderberry has an extensive history of being used in the early stages of seasonal immune challenges. Regarded as an "Elder" plant in Native American Herbalism, Elderberry has been used collectively by many tribes as a tonic medicine and food to promote health and vitality.

Elderberry has long been proposed as being immune supportive, and supports the body's natural defense.\* The immune maintenance properties of Elderberry were first studied by a virologist who was able to demonstrate that elderberry constituents could neutralize activity of hemagglutinin spikes found on the surface of many viruses. When these spikes became deactivated, the virus was no longer able to pierce and enter the cells walls, which effectively reduced virus cell replication.

The immune modulating effects of Elderberry were further studied and it was determined that this effect occurs by enhanced cytokine production which activates phagocytes and facilitates movement into inflamed tissues and ultimately causes an anti-inflammatory effect which reduces the severity during the onset of symptoms.

### MECHANISM OF ACTION AND CHEMICAL COMPOSITION

Research studies show Black Elderberry to have immune modulating and antioxidant properties. Chemical constituents that contribute to these effects include flavonoids such as quercetin and rutin, and anthocyanins identified as cyanidin-3-sambubioside and cyanidin-3-glucoside. Other plant components include hemagglutinin protein *Sambucus nigra* agglutinin III (SNA-III), cyanogenic glycosides including



### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per 2 Capsules	mg
Calories 30	

**ALCOHOL FREE CONCENTRATED EXTRACT OF:**  
Black Elderberry berries (*Sambucus nigra*) ▲800 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

▲ = Certified Organic Ingredient

sambunigrin, viburnic acid, and Vitamins A and C.

Because elderberry is high in flavonoid rich compounds, it exerts antioxidant protection on cells. By providing antioxidant protection, elderberry aids in protecting cells from free radical damage from airborne elements.

While scientific research demonstrates that Elderberry supports the body's natural defense against viruses, evidence is not conclusive and warrants further research.

### SAFETY EVALUATION

This product is not to be used during pregnancy or lactation. This product is suitable for children. If your child is younger than age two, please consult a healthcare practitioner before administering. If you have a medical condition or are taking pharmaceutical drugs, please consult with your healthcare practitioner first. Black Elderberries have not been studied to evaluate their interactions with other medications.

### COMPLEMENTARY HERBS AND USEFUL ADVICE:

Black Elderberry Nighttime syrup  
Black Elderberry Daytime syrup  
Quick Defense Liquid Phyto-Caps™

### REFERENCES

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Youdim KA, et al. Incorporation of the Elderberry anthocyanins by endothelial cells increases protection against oxidative stress. *Free Radical Bio Med* 2000;29:51-60.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.