

BLACK ELDERBERRY NIGHTTIME SYRUP

(*Sambucus nigra*)

*Helps to Restore Sleep while Enhancing Normal Immune Function**

DOSAGE:

Adults: 1 teaspoon one hour before bed

Children age 2 – 12: ½ teaspoon one hour before bed

DURATION OF USE: acutely 4-10 days, long term up to 3 months

BEST TAKEN: Mixed in 2-4 oz water to dilute

FORMULA BENEFITS

When the body's immune system is challenged, getting restful sleep can be difficult to achieve, yet is one of the most important pieces in returning to a healthy state. Elderberry Nighttime syrup provides all of the immune benefit of Black Elderberry with the added relief of Lemon Balm, Grindelia and California Poppy to allow the body to return to a normal state of rest and recovery.

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.

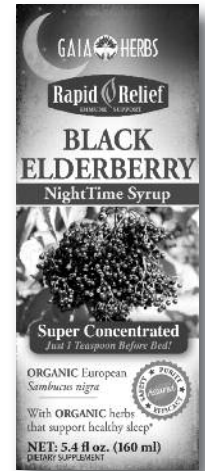
Elderberry has long been proposed as being immune supportive, and supports the body's natural defense.* The immune maintenance properties of Elderberry were first studied by a virologist who was able to demonstrate that elderberry constituents could neutralize activity of hemagglutinin spikes found on 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.

Supplement Facts		
Serving Size: 1 teaspoon (5 ml)		
Servings per Container: 32		
	Amount Per Serving	%Daily Value*
Calories	18	
Total Carbohydrates	5	1.5%
Sugars	3 g	†
Certified Organic Black Elderberry	1900 mg	†
<small>(<i>Sambucus nigra</i>) juice concentrate, equivalent to 14.5 g (14,500 mg) fresh elderberries</small>		
Certified Organic Acerola fruit	148 mg	†
<small>(<i>Malpighia glabra</i>) extract</small>		
Proprietary Blend	104 mg	†
<small>Freeze-dried extracts of certified organic Lemon Balm leaf (<i>Melissa officinalis</i>), Grindelia flowering tops (<i>Grindelia robusta</i>), California Poppy Tops (<i>Eschscholzia californica</i>)</small>		
Vitamin C	13 mg	21 %
<small>(from Certified Organic Acerola)</small>		

*Percent Daily Values are based on a 2,000 calorie diet.
†Percent Daily Value not established.

Other ingredients: Certified Organic Cane Sugar, Water, Xanthan Gum, Lemon Juice



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 quercitin 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 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.

A double-blind placebo controlled study has been conducted to examine the effects of dosing Elderberry extract within the first 48 hours of flu-like symptom onset. The study effectively reduced the severity and duration of symptoms. In this double blind study of individuals study participants who took 15 ml (3 teaspoons) of elderberry versus placebo syrup four times a day for 5 days had symptom relief an average of 4 days earlier. Severity of symptoms was reported to be significantly reduced for those taking Elderberry syrup.*

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

In addition to Elderberry, this formula contains Lemon Balm, California Poppy, and Grindelia. Both Lemon Balm and California Poppy work by returning the body to a normal relaxed state and encourages restful sleep. Grindelia has the ability to restore normal function to tissue of the respiratory system. Acerola is also added to the formula to give the body an added boost of vitamin C.

Of interest, studies of Lemon Balm also demonstrate this plant to have an affinity for viruses particularly Herpes simplex virus, as well as being a potent in vitro inhibitor of rat brain GABA transaminase (GABA-T), an enzyme that is targeted in the therapy of neurological disorders. The later study suggests the use of Lemon Balm in having a calming effect on the mammalian brain.*

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 syrup

Black Elderberry Liquid Phyto-Caps™

Quick Defense Liquid Phyto-Caps™

REFERENCES

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*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.