

BLACK ELDERBERRY

Ultimate Support for
Healthy Immune Function*

**ALCOHOL FREE CONCENTRATED EXTRACT OF:
BLACK ELDERBERRY** **MG EXTRACT PER 2 CAPS**
(*Sambucus nigra*) 800 mg

DOSAGE

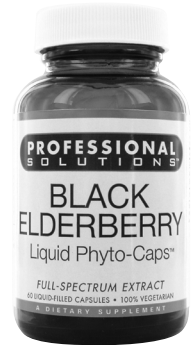
2 Liquid Phyto-Caps, 3 times daily

DURATION OF USE

2-3 months

BEST TAKEN

Between meals, with warm water



HISTORY

Primarily found in Europe and North America, black elderberries have long been used in traditional cultures to support immune function. Elderberries have also traditionally been used as a food, popular even today for making wine and as a flavoring agent.*

BLACK ELDERBERRY AND THE IMMUNE SYSTEM

Black elderberries encourage a healthy immune reaction against undesired organisms that induce flu-like symptoms. Black elderberry's antioxidant and immune-enhancing properties may specifically have a beneficial effect on the body's normal response to influenza viruses A and B.*

A number of research studies have examined the constituents of black elderberries, with one group of active compounds, the flavonoids, receiving considerable attention. Of particular interest are the anthocyanin flavonoids that have been shown to enhance immune system function and offer significant antioxidant protection.*

Fittingly, black elderberry's antioxidant properties support immune system function by advancing the body's natural resistance and adaptation to stressful influences that make one more susceptible to suffering from influenza. In addition to supporting normal defense systems against select viruses, the anthocyanins and other flavonoids found in black elderberries function to protect the body from the damaging effects of free radicals. Collectively, the actions of these berries serve to promote optimal immune system function.*

COMPLEMENTARY HERBS/FORMULAS

Echinacea Supreme, Echinacea/Goldenseal Supreme, Oil of Oregano, Olive Leaf

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation.*

KNOWN DRUG INTERACTIONS

Black elderberries have not been studied extensively to determine their interactions with other medications. Before using this formula, talk with your healthcare professional if you take any medications.*

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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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.**

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