

ELDERBERRY, BLACK

Latin Name: *Sambucus nigra*

FAMILY: Caprifoliaceae

PARTS USED: Flower, Berry, Leaf

AGE APPROPRIATE: 6+ months (internal)

ENERGETICS: Cooling

TASTE: Sweet, Pungent

ACTIONS: Berry: Diaphoretic, Diuretic, Laxative, Antirheumatic, Antiviral, Antioxidant, Immune Stimulant.

USES: The primary use of black elderberry is its antiviral and antioxidant properties. A standardized extract was found to be effective against at least 10 strains of influenza virus and helped decrease the intensity and duration of the symptoms to 3 – 4 days. ^{1,2}

SAFETY: When properly prepared, no side effects or drug interactions have been reported. However, the raw berries are considered to be toxic due to the high levels of arsenic in the seeds. The flowers and leaves can be consumed raw and are considered safe for consumption. ³

PREPARATIONS: Syrup, Tea, Tincture, Honey

NOTES + RESEARCH: -HIGH IN NUTRIENTS: Elderberries are high in antioxidants and provide many nutritional benefits including: High in Vitamin C, High dietary fiber, Phenolic acids, Flavonols, Anthocyanins. ³
-HEART HEALTHY: Elderberries have been found to reduce the level of fat in the blood and to decrease cholesterol in the liver and heart. It also lowers blood pressure. Elderberries also have an effect on improving blood sugar and can increase insulin secretions.
-SUPPORTS THE IMMUNE SYSTEM: Aside from its many effects on the influenza viruses, Elderberries also inhibit the growth of bacteria, improve the symptoms of sinusitis and bronchitis, increase the white blood cell count, and are also anti-cancer. ³



References:

1. Hoffmann, D. (2003). Medical herbalism: the science and practice of herbal medicine. Rochester, Vt.: Healing Arts Press.
2. The Effect of Sambucol, a black elderberry-based, natural product, on the production of human cytokines. <https://www.ncbi.nlm.nih.gov/pubmed/11399518>
3. Elderberries: Benefits and Dangers. <https://www.healthline.com/nutrition/elderberry#risks-and-side-effects>