



ELDERBERRY

Sambucus Nigra

Health Benefits, Sources, and Easy Recipes



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What is Elderberry?

Elderberry (*Sambucus nigra*) is a small, dark purple berry rich in antioxidants, vitamins, and bioactive compounds that support overall health. It has been used for centuries in traditional medicine to boost immunity, fight infections, and reduce inflammation.

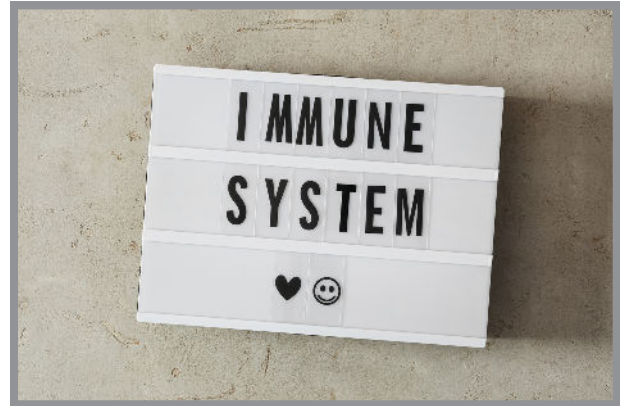


The information provided in this guide is for educational and informational purposes only and is not intended as medical advice. The content does not replace professional medical consultation, diagnosis, or treatment. Always seek the guidance of a qualified healthcare provider before making any changes to your diet, lifestyle, or supplement routine, especially if you have underlying health conditions, are pregnant, breastfeeding, or taking medications.

Health Benefits of Elderberry

Immune System Support

- Rich in immune-boosting compounds: Elderberries contain flavonoids, anthocyanins, and vitamin C, which strengthen immune function.
- Anti-viral properties: Studies show elderberry can reduce the severity and duration of colds and flu by preventing viruses from entering cells.
- Supports respiratory health: Helps with coughs, congestion, and mucus production.



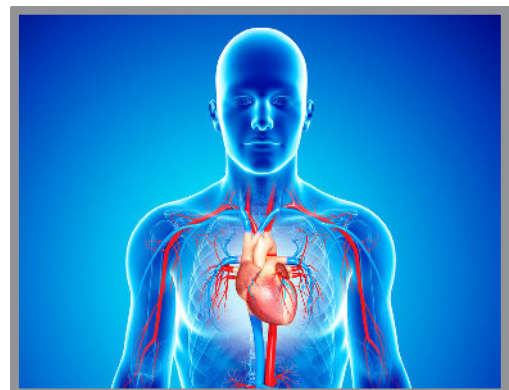
Anti-Inflammatory & Antioxidant Power

- Rich in anthocyanins, which have strong anti-inflammatory effects, helping with conditions like arthritis and autoimmune disorders.
- Fights oxidative stress, reducing damage from free radicals that contribute to aging and disease.
- Supports gut health by modulating inflammation in the microbiome.



Cardiovascular Health

- Antioxidants support heart function by reducing oxidative stress and inflammation.
- May lower blood pressure & improve circulation due to quercetin and potassium content.
- Supports healthy cholesterol levels, reducing the risk of cardiovascular disease.



Elderberry Sources

Elderberry Syrup

A well-loved method to enjoy elderberries, particularly during the cold and flu season.



Elderberry Tea

A comforting and warm option to reap the benefits of elderberries.

Elderberry Supplements

Available in pill or gummy form, these provide a convenient way to access elderberry's advantages.



Elderberry Juice

A delicious beverage, but be cautious of added sugars!



Elderberry Recipes

Elderberry Immune-Boosting Tea

This warm, antioxidant-rich tea is perfect for cold and flu season.

Ingredients:

- 2 tbsp dried elderberries (or ¼ cup fresh)
- 2 cups filtered water
- ½ tsp cinnamon (anti-inflammatory)
- ½ tsp ginger root (immune-boosting)
- 1 tbsp raw honey (optional, adds throat-soothing properties)
- ½ tsp lemon juice (boosts vitamin C)

Instructions:

1. Add elderberries, water, cinnamon, and ginger to a small saucepan.
2. Bring to a boil, then reduce to a simmer for 15 minutes.
3. Strain out the berries and pour the tea into a cup.
4. Stir in honey and lemon juice. Enjoy warm!

Tip: Add a pinch of cayenne for an extra immune kick.



Elderberry Recipes

Elderberry Syrup (Cold & Flu Remedy)

This traditional syrup is packed with antioxidants and immune-boosting compounds.

Ingredients:

- 1 cup dried elderberries (or 2 cups fresh)
- 3 cups filtered water
- 1 tsp cinnamon
- ½ tsp cloves (antiviral)
- 1 tbsp fresh grated ginger
- ¾ cup raw honey (antibacterial, throat-soothing)



Instructions:

1. In a saucepan, add elderberries, water, cinnamon, cloves, and ginger.
2. Bring to a boil, then reduce heat and simmer for 30–40 minutes (until reduced by half).
3. Strain through a fine-mesh sieve or cheesecloth, pressing berries to extract liquid.
4. Allow to cool to warm (not hot), then stir in raw honey.
5. Store in a glass jar in the fridge for up to 3 months.

Dosage:

- For immune support: 1 tsp daily for kids, 1 tbsp for adults.
- During illness: 1 tsp every 3 hours (kids), 1 tbsp every 3 hours (adults).

Tip: Add 1 tbsp apple cider vinegar
for extra immune and gut health benefits!



Elderberry Recipes

Elderberry Throat Spray (Soothing & Antibacterial)

This DIY throat spray helps soothe sore throats, reduce inflammation, and fight infections.

Ingredients:

- ½ cup elderberry syrup (from the recipe above)
- ¼ cup filtered water
- 1 tbsp raw honey
- ½ tsp clove extract (antimicrobial)
- ½ tsp ginger extract
- ¼ tsp colloidal silver (optional, antiviral & antibacterial)

Instructions:

1. Mix all ingredients in a small spray bottle.
2. Shake well before each use.
3. Spray 2-3 times directly into the throat as needed.

Tip: Store in the fridge for up to 2 weeks for freshness!





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