



# AMERICAN ELDERBERRY

— *Sambucus nigra ssp. canadensis* —

— Quick Guide for Herbal Practice —

## IMMUNE SUPPORT

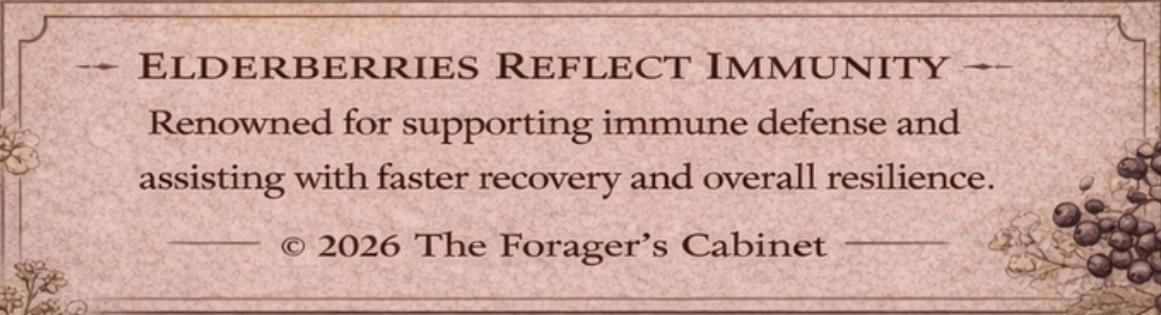
- Supports healthy immune and respiratory function
- Aids in recovery during cold and flu season

## PREPARATIONS

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- **Elderberry Tea** Nourishing tea infusion for immune fortification
  - **Elderberry Syrup** Potent concentrated preparation to fight off illness
  - **Elderberry Tincture** Alcohol-based extract for focused immune support
  - **Elderberry Oxymel** Preserved vinegar and honey tonic for respiratory support

## KEY CONSTITUENTS

- **Anthocyanins** Powerful phytonutrients for immune and cellular support
- **Vitamin C** Vital antioxidant for immune enhancement
- **Flavonoids** For antiviral and anti-inflammatory properties
- **Quercetin** To combat inflammation and allergic responses



### ELDERBERRIES REFLECT IMMUNITY

Renowned for supporting immune defense and assisting with faster recovery and overall resilience.

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