

## Elderberry

### Description

#### Elderberry

Elderberry is a fruit in the blueberry family that is cooked & served as juice or the flower is used in capsules. A 12 oz of juice (I usually add 12 oz water) is delicious and appears to stop all bacterial & viral infection symptoms in three days, same as over half a dozen farmers I know reported when growing & storing it for when they have respiratory infection symptoms. It's the only thing they take when sick, one family for four generations.

Elderberry makes zinc many times more effective than taking zinc alone (a zinc ionophore). A 12 oz elderberry drink, or 1g or more of concentrated elderberry and 60 -100mg zinc appears to stop viral symptoms in 10 hours. I've had dozens of people recover overnight taking elderberry & zinc with no symptoms in the morning & full recovery of energy.

Elderberry is an antiviral

Elderberry juice, extracts, & powder appear to work against viral infections and stimulate the immune system. Elderberry speeds recovery from multiple types of viral infections significantly.

[Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract \(Sambucus nigra L.\) during an outbreak of influenza B Panama 10.1089/acm.1995.1.361](#)

[Randomized study of the efficacy and safety of oral elderberry extract in the treatment of influenza A and B virus infections.](#)

[Elderberry flavonoids bind to and prevent H1N1 infection \*in vitro\* Neutralizing activity of SAMBUCOL®](#)

[Anti-Influenza Virus Effects of Elderberry Juice and Its Fractions](#)

ily of viruses.

[Researchers find a new treatment for the common cold](#)

[Pilot Clinical Study on a Proprietary Elderberry Extract: Efficacy in Addressing Influenza Symptoms](#)

<https://www.drugs.com/npp/elderberry.html>

[Black elderberry \(Sambucus nigra\) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials](#)

Elderberry is antibacterial as well

Elderberry extract not only works against multiple types of viral infections but gram positive and gram negative bacteria as well.

[Inhibitory activity of a standardized elderberry liquid extract](#) against clinically-relevant human respiratory bacterial pathogens and influenza A and B viruses

[Black elderberry \(Sambucus nigra\) supplementation effectively treats upper respiratory symptoms](#)

### **Category**

1. Uncategorized

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