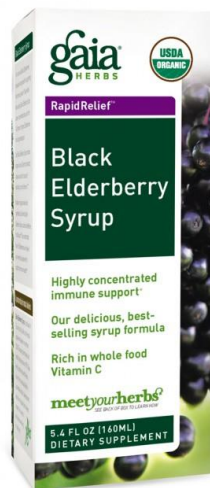




Absolute Health  
Internal Medicine & Pediatrics

## Black Elderberry Syrup

Highly-concentrated immune support



For centuries Black Elderberries have been recognized for supporting the immune system. Gaia Herbs' best-selling *Black Elderberry Syrup* super-concentrates the juice from 14.5 grams of organic Elderberries into a single teaspoon. Our *Black Elderberry Syrup* contains organic Acerola Cherry fruit extract, a delicious and rich source of naturally occurring Vitamin C. Made with organic whole food ingredients, Gaia Herbs *Black Elderberry Syrup* is safe and effective for daily use. The concentrated flavor of Elderberries will make it your everyday supplement for supporting immune health.

## Supplement Facts

Serving Size 1 Teaspoon (5 ml)  
Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	4 g	1%*
Sugars	4 g	†
Vitamin C (from Acerola ▲)	13 mg	21%
Black Elderberry fruit juice concentrate ▲ <i>(Sambucus nigra)</i>	1,902 mg	†
Acerola fruit dried extract ▲ <i>(Malpighia glabra)</i>	147 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established

Other ingredients: Organic sugarcane, water and lemon fruit juice

▲ = Certified Organic Ingredient

### Suggested Use

**Adults:** 1 teaspoon daily.

**Children:**

**Ages 1-2:** 1/8 teaspoon daily

**Ages 3-5:** 1/4 teaspoon daily

**Ages 6-12:** 1/2 teaspoon daily

### For Additional Support

**Adults:** 1 teaspoon, 2 times daily

**Children:** Take recommended dose for age, 2 times daily.

*Or as directed by a qualified health-care provider.*

Shake well before use. **Refrigerate after opening.** Alcohol-free herbal syrup.

*Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. Do not use if safety seal is broken.*

**Store away from children.**