

MAXIMIZING THE BENEFITS OF A HOLISTIC APPROACH FOR YOUR HEALTH & VITALITY

with "Nature's
Medicine Chest"
The Elderberry



RESTORED ENERGY* ABUNDANCE OF WELLNESS* EASE OF MOVEMENT

Your premium accountability partner for holistic wellness

Supplementing for your health & vitality

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Nature's Medicine Chest

*The Elderberry as your accountability partner for holistic wellness
Indications for use and Suggested dosage*

Three Considerations When Choosing Herbal Supplements

Quality, Safety & Efficacy

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Keep Track of Your Daily Dose of Elderberry

A Diet Rich in Anti-Inflammatory Foods

Organic Foods & Spices To Compliment The Benefits of The Elderberry

A Diet Rich in Antioxidant Foods & Spices

*Organic Foods & Spices that support the body's natural ability of
detoxification*

Your Once Daily Dose + Some

*Take your daily dose plus! enjoy the smooth taste of our Signature
Elderberry Syrup Liquid added to these delicious recipes*

"NATURE'S MEDICINE CHEST"

The Elderberry for your health & vitality

The Premium Choice of Elderberry Syrup helps maintain a healthy inflammatory response in the body and reduce irritation associated with allergies.



Sambucus nigra

plus!

- Supports Strong Immune System
- Supports normal blood sugar
- Works as an antioxidant

YOUR ONCE DAILY DOSE OF "NATURE'S MEDICINE CHEST"

Signature Elderberry Syrup Liquid
Recommended Dosage:

1-2 Years of Age: 1/2 Teaspoon/day

3-12 years of Age: 1 Teaspoon/day

Adults: 1 Tablespoon/day

Signature Elderberry Syrup Bite

Recommended Dosage:

3-12 years of Age: 1 Bite

Adults: 2 Bites

For Additional Support:

Continue every 3 hours up to 5 times daily when symptomatic.

THREE CONSIDERATIONS

When Choosing Herbal Supplements

US Food and Drug Administration does not regulate dietary supplements as drugs, it provides no guarantee of efficacy or safety — or that the product contents are true to the labeling. Here are three considerations to keep in mind when choosing herbal supplements.



PREMIUM INGREDIENTS

Look for Organic Whole Spices & Herbs, Natural Sweeteners & Natural Preservatives

THE POWER OF ELDERBERRIES IS FREE FROM

Refined Sugars * Artificial Sweeteners *
High Fructose Corn Syrup & Tapioca Syrup
*Fillers & Thickeners * Added Preservatives
Concentrates * Dyes * Gelatin * GMO's
*Gluten * Dairy * Soy * Nuts



HOLISTIC CONSULTATION

**Consult holistic practitioner
for individualized approach
to health & vitality**



THE HIGHEST QUALITY & SAFETY

Ensure that a dietary supplement is of high quality and not contaminated or adulterated with other materials is to purchase products with labels indicating they have been tested.

THE POWER OF ELDERBERRIES

Third-Party Lab Tested *
Supplement Facts Panel * FSMA
Guidelines Strictly Followed
*Produced in an FDA Registered
Commercial Kitchen

DAILY ACCOUNTABILITY CHART

Keep Track of Your Daily Dose

sun	mon	tue	wed	thu	fri	sat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sun	mon	tue	wed	thu	fri	sat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sun	mon	tue	wed	thu	fri	sat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sun	mon	tue	wed	thu	fri	sat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PRO TIP:

Take Our Signature Elderberry Syrup Bites 8 ct. Travel Pouch with you on the go for additional support or while traveling.

Have a nighttime cough? Take a dose of our Signature Elderberry Syrup Liquid at nighttime to ease your cough and promote a restful night's sleep.

Weekly progress tracker

I Am Taking The POWER of
Elderberries for :

DAY

How Do You Feel? Did You Take Elderberry
For Additional Support Today?

Additional Recommendations

Did You Notice A Difference?
Describe Your Experience:

How Does It Taste?
Did You Take The Bites or Syrup?

ANTI-INFLAMMATORY FOODS

To Compliment The POWER of Elderberries

ADD THESE FOODS TO YOUR PLATE FOR A DIET RICH IN HEALTH & VITALITY

VEGATABLES

SPINACH
SWISS CHARD
ARUGULA
ENDIVE
CELERY
BROCCOLI
CAULIFLOWER
BRUSSELS
SPROUTS
BOK CHOY
BEETS
RED CABBAGE
ONIONS
KALE (USE AS
SALAD BASE,
SOUPS OR
SMOOTHIES)

FRUIT AND BERRIES

APPLES
STRAWBERRIES
BLUEBERRIES
BLACKBERRIES
CHERRIES
LEMONS
LIMES
ORANGES
PINEAPPLES
PEARS
AVOCADOS
POMEGRANATE
SEEDS

HERBS & SPICES

PARSLEY
TEA (GREEN
OOLONG, BLACK
TEAS)
ROSEMARY
GARLIC
TURMERIC
GINGER
CINNAMON

OILS

OLIVE OIL
COCONUT OIL

ANTIOXIDANT RICH FOODS & SPICES

To Compliment The POWER of Elderberries

ADD THESE FOODS TO YOUR PLATE &
SUPPORT YOUR BODY'S NATURAL ABILITY
TO DETOX

LEADING HERBAL SOURCES OF ANTIOXIDANTS

GREEN TEA, TURMERIC, QUERCETIN*, RESVERATROL*

FOODS HIGH IN ANTIOXIDANTS

CINNAMON, GINGER, TURMERIC, BEETS, KALE
BERRIES, TOMATOES, NUTS AND SEEDS, RAW HONEY

FOODS THAT HELP YOUR BODY MAKE GLUTATHIONE (AN ANTIOXIDANT MADE BY THE BODY)

ASPARAGUS, PEACHES, WALNUTS, SPINACH,
TOMATOES, GARLIC, ONIONS, AVOCADOS
CRUCIFEROUS VEGETABLES (BROCCOLI, KALE,
COLLARDS, CABBAGE)

**Elderberries are rich in Quercetin and Polyphenols. Resveratrol is a polyphenol found mostly in berries.*

ENJOY YOUR DAILY DOSE PLUS!

Add Our Signature Syrup Liquid to These Recipes!

SEVEN HEALTHY WAYS TO ADD AN EXTRA DOSE OF ELDERBERRY TO YOUR DIET

*It is recommended to take the daily dose of elderberry supplementation as directed in the usage and proper dosage section in this downloadable and the product recommendation on our website. These recipes are only meant for additional delicious ways to enjoy the **taste** of our syrup and should not replace your daily syrup liquid or bites supplementation.*

**THE P.O.E
OATS**

**The P.O.E
ENERGY BITES**

**THE P.O.E
SMOOTHIE**

**The P.O.E
PANCAKES**

**THE P.O.E
TEA**

**The P.O.E
VINAIGARETTE**

**The P.O.E
CHIA PUDDING**



The P.O.E Oats

a warm hug for your immune system

INGREDIENTS

- 1/2 cup oats
- 1 cup milk or water
- 1 tsp butter
- 1 Pinch of Salt
- A Dash of cinnamon
- 2 tbs maple syrup
- 4-5 tsp pumpkin seeds
- 1 handful of strawberries and blueberries
- 1 TBS The P.O.E Elderberry Syrup Liquid

DIRECTIONS

1. Combine water/milk and oats over medium heat .
2. Allow to simmer until thick and creamy
3. Stir in maple syrup and butter
4. Add Salt and Cinnamon
5. Remove from heat
6. Stir in 1 TBS of POE Elderberry Syrup
7. Garnish with immune boosting antioxidant packed pumpkin seeds and berries

Take a bite,
Enjoy
Repeat

NOTES



The P.O.E Smoothie

A cool, creamy treat for your immune system!

INGREDIENTS

- ½ cup blackberries (frozen)
- 1 banana (frozen) *
- 1 cup coconut water
- 1 TBS of The P.O.E Elderberry Syrup Liquid

DIRECTIONS

1. Place all ingredients into a blender.
2. Puree until smooth.
3. Serve immediately.

*Peel the banana and place in freezer. Cut into large chunks to add to your smoothie for a cool, creamy consistency.

Sip & Enjoy!

NOTES



The P.O.E Tea

..it's calming to the immune system

INGREDIENTS

- 1 TBS of The P.O.E Elderberry Syrup Liquid
- 8-12 oz of filtered water
- Loose Leaf or Favorite Tea Bag (Optional)
- Honey to taste

DIRECTIONS

In a small sauce pan, bring The P.O.E Elderberry Syrup Liquid, 8-12 oz of water and tea (optional) to boil .

Let simmer on a low heat for 15 minutes.

Using a fine mesh filter or tea strainer, drain your tea in a tea mug.

Add honey to taste.

Sit & Sip!

NOTES

Variations: Add Cinnamon stick, Fresh Orange or Lemon to your cup of goodness.



The P.O.E Energy Bites

...an energy boost !

INGREDIENTS

- 3/4 C. natural nut butter
- 4 TBS The P.O.E Elderberry Syrup Liquid
- 3 TBS pure maple syrup
- 1 1/2 C. Oats
- 1/8 C. Chopped Pecans (or other of choice)
- 1/4 C. Dried Blueberries
- 3 TBS Chia Seeds

DIRECTIONS

Whisk first three ingredients together in bowl.
Add Oats, Pecans, Dried Blueberries and Chia Seeds

Mix to combine.

Let Rest for 15 Minutes.

Roll individual 1 inch energy bites by hand .

Keep in refrigerated or frozen .

Take Out for a Pick Me Up, Treat or Snack!

NOTES



The P.O.E Pancakes

a healthy start to your day!

INGREDIENTS

- 2 eggs
- 1/4 cup unsweetened applesauce
- 1/2 teaspoon vanilla extract
- 1/2 cup almond flour
- 1/2 cup tapioca flour
- 1 teaspoon baking powder
- pinch salt
- 1/3 cup add-ins of choice (blueberries, bananas)
- butter or ghee or oil, for cooking

DIRECTIONS

1. Add eggs, applesauce and extract to a bowl and whisk together.
2. Add in the almond flour, tapioca, baking powder and pinch of salt and whisk together.
3. Heat butter or oil in a nonstick skillet over medium heat. Once hot add 1/4 cup batter and drop in add-ins if using on to pancake batter.
4. Let cook until golden brown, about 3 minutes, then flip and continue to cook for about 2 minutes until pancake is fully cooked.
5. Continue with remaining batter.
6. Serve pancakes with a drizzle of The P.O.E Elderberry Syrup Liquid and fresh fruit to top!

A SIMPLE VARIATION: Choose a prepared paleo or GF pancake mix and skip the "from scratch" recipe! We like Birch Benders!



The P.O.E Vinaigrette

immune support during the day!

INGREDIENTS

- 1 TBS + 1 Tsp The P.O.E Elderberry Syrup Liquid
- 2 large strawberries (Optional)
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- ¼ teaspoon ground black pepper

DIRECTIONS

1. Blend in food processor or blender until creamy and smooth.

Try over a bed of mixed greens and spinach!

NOTES



The P.O.E Chia Pudding

Fun Immune Support

INGREDIENTS

- ½ cup almond milk (or milk of choice)
- ¼ C. of mixed fresh berries of choice (blueberries, blackberries, strawberries)
- 2 tablespoons chia seeds
- 1 tablespoon honey
- ¼ teaspoon vanilla extract
- 2 TBS The P.O.E Elderberry Syrup Liquid

DIRECTIONS

1. Puree almond milk and berries in a blender until smooth; pour into a bowl.
2. Stir chia seeds, honey, vanilla extract and our Signature Elderberry Syrup Liquid into the berry puree.
3. Cover and refrigerate at least 4 hours.

Makes 1 Serving

A SIMPLE VARIATION: Try dicing larger berries or if using blueberries leave whole. It adds a different texture with the same amazing taste!