



SAMBUCUS BLACK ELDERBERRY

100 mg

NPN 80107352

RESEARCH INFORMATION

Feature summary

Natural Factors Sambucus Black Elderberry features ElderCraft® black elderberries hand-harvested in Austria for immune and respiratory support. Elderberries are used to help relieve symptoms of colds and flu, including catarrh and congestion, fever, cough, and sore throat. In some studies, standardized elderberry extracts have been seen to reduce symptoms of viral infection by half and cut short the duration of symptoms by 3–4 days.

Elderberries are very nutrient-dense and have been used for thousands of years in traditional herbal medicine to support immune function and respiratory health. Elderberries have also been used in herbal medicine as an alternative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

ElderCraft European black elderberry extract is a proprietary active blend of natural fruit polyphenols created using elderberries sourced directly from the farmers who nurture and harvest the crops. This standardized extract is created using a unique solvent-free process that preserves and protects the antioxidant effects of anthocyanins, polysaccharides, and other beneficial micronutrients found naturally in elderberries.

Natural Factors Sambucus Black Elderberry is non-GMO, standardized to 14% anthocyanins, and available in 100 mg fast-acting softgels suitable for adults and children aged 10 and older. It offers a convenient way to support immune system function and respiratory health with just 1–2 fast-acting softgels per day.

How it works

Elderberries contain several antioxidant flavonoid compounds, primarily anthocyanidins. They also contain well-known nutrients including quercetin, rutin, isoquercetin, phytosterols, and carotenoids, as well as iron, copper, magnesium, zinc, and vitamin C (Tiralongo et al., 2016). ElderCraft is a proprietary extract prepared from the Haschberg variety of elderberry grown in the Steiermark region of Austria. It is standardized to contain 14% anthocyanins.

The anthocyanidins in elderberries are thought to have immunomodulating effects (Zakay-Rones et al., 2004). Elderberries may also support the immune system in producing virus-fighting cytokines such as interleukins and tumour necrosis factor (Barak et al., 2001).

Elderberries also contain a protein called *Sambucus nigra* agglutinin IVf, which may inhibit the ability of viruses to reproduce (Van Damme et al., 1997). Indeed, elderberry extract has demonstrated specific antiviral properties against several strains of influenza, inhibiting the ability of influenza A and B from replicating (Zakay-Rones et al., 1995). In the case of one influenza strain, it appears that flavonoids in elderberries bind to entire virus particles (called virions), preventing virions from entering host cells (Roschek et al., 2009).

Black elderberries contain a compound called cyanidin-3-glucoside (C3G) that appears to increase levels of nitric oxide, an important molecule that helps the respiratory system respond to increased blood flow demands during exercise (Xu et al., 2004).

In addition, elderberry extract has demonstrated antioxidant and anti-radical activity and inhibits the activity of pro-inflammatory cyclooxygenase-1 and cyclooxygenase-2 in human plasma. This suggests a mechanism by which elderberries may address inflammation and reduce oxidative tissue damage associated with many health concerns (Strugała et al., 2018).

Research

Anyone planning to travel by air may want to consider taking elderberry extract, based on evidence from a randomized, double-blind, placebo-controlled clinical trial involving 312 economy class passengers travelling internationally from Australia (Tiralongo et al., 2016). Travellers who took a standardized elderberry extract for 10 days before travel and for 4–5 days after arrival reported fewer cold episodes compared to the placebo group. The placebo group also had a significantly longer duration of cold episodes (117 days in total compared to 57 days with elderberry). The average symptom score was higher in the placebo group over those days, at 583 versus 247, with the study suggesting a significant reduction of cold duration and severity in air travellers taking elderberry extract.

In other studies, elderberry extract has been seen to reduce the symptoms and duration of influenza infection if taken within 48 hours of initial symptoms. One double-blind, placebo-controlled study looked at the effects of a standardized elderberry extract on a group of agricultural workers living communally during an influenza outbreak. The researchers found higher levels of antibodies to influenza B in the group receiving elderberry extract compared to the placebo group. Almost all (93.3%) of the elderberry group had significant improvement in symptoms within two days and nearly 90% had fully recovered within 2–3 days, compared to improvement in 91.7% and full recovery in 90% within 6 days in the placebo group. There were no reported side effects in the elderberry group (Zakay-Rones et al., 1995).

In another double-blind, placebo-controlled, randomized study, a standardized elderberry extract reduced the duration of flu symptoms to 3–4 days. The group taking the elderberry extract showed higher antibody levels to the influenza virus compared to those receiving the placebo. This study also found a dramatic increase (44.9-fold) in tumour necrosis factor-alpha, and a similar significant increase in other important cytokines such as interleukin-1 beta, interleukin-6, and interleukin-8 that are involved in immune responses to infection (Barak et al., 2001). The authors of this study concluded that elderberry extract has antiviral properties and can “activate the healthy immune system.”

Ingredients

Each softgel contains:

ElderCraft® European black elderberry extract 64:1
(*Sambucus nigra* subsp. *nigra*) (fruit) (14% anthocyanins)..... 100 mg

Dosage

Recommended dose: Adults and adolescents (14 years and over):

1 softgel 1–2 times daily or as directed by a health care practitioner.

Children (10-13 years): 1 softgel daily or as directed by a health care practitioner.

Cautions

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Stop use if hypersensitivity/allergy occurs. Diuretic effect may occur. Keep out of the reach of children.

References

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