

Dried Elderberries

Dark antioxidant-rich berries traditionally used for seasonal wellness support.

Official Botanical Name: *Sambucus nigra*

Brief Description: Elderberries are traditionally used in herbal wellness routines during colder seasons and are commonly prepared as teas, syrups, and decoctions.

Benefits

- Traditionally used during seasonal wellness routines
- Rich in antioxidant compounds
- Popular in syrups and immune-focused blends
- Supports cozy herbal wellness rituals
- Naturally deep berry flavour

Ways to Use

- Herbal tea
- Syrups
- Decoctions
- Seasonal wellness blends
- Immune-support routines

Instructions

- Always simmer dried elderberries before consuming.
- Do not consume raw uncooked berries.
- Store tightly sealed away from moisture.

Suggested Adult Use: 1 cup prepared tea daily as desired.

Medication Warnings & Safety Notes: Cook before use. Use caution with autoimmune conditions, pregnancy, breastfeeding, or immune-suppressing medications.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.