

RECOMMENDATION:

Dosage cup included. Shake well before each use. For children 4-5 years of age, consult a physician before use, do not exceed 1½ teaspoons (tsp) (7.5 mL). For children 6 to 17 years of age, start with 1½ teaspoons (7.5 mL) and give up to 3 teaspoons (15 mL) as needed. Administer to children 30-60 minutes before bedtime. For children: do not use for more than 14 consecutive days unless directed by a physician. **Adults, 18 years of age and older**, take 3 teaspoons (15 mL) 30-60 minutes before bedtime. Take only as directed. **DO NOT EXCEED RECOMMENDED DOSE.** Not formulated for children under 4 years of age. **Warning:** Do not use if you are pregnant, attempting to become pregnant, nursing, or if you have or are being treated for depression or dementia. If you are being treated for diabetes, autoimmune, endocrine, blood clotting, or seizure disorders, or if you are taking any medications, consult a physician before use. If your child is taking any medications, has a medical condition, or chronic disease, consult a physician before use. This product may cause drowsiness, do not drive, or operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If irritations persist or worsen, stop use and consult a healthcare professional. If you, or your child, are experiencing long-term sleep difficulties, consult a physician.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Gluten Free • Vegetarian

Contains no dairy, soy, peanut, or artificial colors.

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Questions? 1-800-9NATURE/naturesway.com

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Nature's
Way
sambucus®
HONEYBERRY™

Night Time
COUGH SYRUP

††FOR COUGHS ASSOCIATED WITH HOARSENESS, DRY THROAT, & IRRITANTS*

MADE FROM
3,200 mg
OF ELDERBERRIES
PER 3-TSP SERVING

SIX KEY INGREDIENTS
MELATONIN FOR
OCCASIONAL
SLEEPLESSNESS*

DIETARY SUPPLEMENT
4 FL OZ (120 mL)

††ENGLISH IVY
TO SOOTHE
OCCASIONAL
COUGHS*

Supplement Facts

Serving Size	1½ teaspoons (7.5 mL)	3 teaspoons (15 mL)
Servings per Container	16	8
Amount per Serving	% DV†	% DV†
Calories	25	50
Total Carbohydrate	6 g 2%†	12 g 4%†
Total Sugars	3 g **	6 g **
Includes Added Sugars	3 g 6%†	6 g 12%†
Vitamin C (ascorbic acid)	45 mg 50%	90 mg 100%
Zinc (as zinc gluconate)	1.1 mg 10%	2.2 mg 20%
Organic Honey	3.5 g **	7 g **
Organic Apple Cider Vinegar	500 mg **	1 g **
English Ivy (leaf) Extract standardized to 11% Hederacoside C	35 mg **	70 mg **
Organic Black Elder (<i>Sambucus nigra</i> L.) Extract (berry) standardized to anthocyanins from 3,200 mg of premium cultivar elderberries per 3-teaspoon serving	25 mg **	50 mg **
Melatonin	0.5 mg **	1 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: organic glycerin, purified water, organic natural flavor, citric acid (preservative to maintain freshness)