

RECOMMENDATION:

Dosage cup included.

Shake well before each use.

For best results, use at first sign of minor cough, nasal, throat, or chest irritations and continue to use for an additional 48 hours after irritations cease. **Children 6-12 years of age**, take 1½ teaspoons (tsp) (7.5 mL), three times daily. **Adults and children 13 years of age and older**, take 2 teaspoons (10 mL), three times daily. Not formulated for children under 6 years of age. Do not exceed recommended dose. **Caution:** If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use. Individuals with allergies to plants of the Geraniaceae family should use this product with caution. If irritations persist more than 7 days or worsen, consult a healthcare professional.

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.

◆ L613674.03 BL92621

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy, peanut, or artificial colors.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com



THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

with
CLINICALLY
PROVEN
South African
Geranium††



sambucus®
RELIEF

ELDERBERRY + SOUTH AFRICAN GERANIUM



FEEL BETTER FASTER††

COUGH SYRUP

South African Geranium to soothe coughs associated with hoarseness, dry throat, and irritants*

DIETARY SUPPLEMENT

8 FL OZ (240 mL)

Nature's
Way
sambucus®

OUR STANDARDIZED
ELDERBERRY EXTRACT IS:

- Gluten Free
- Vegan



CONTAINS NO:

Gluten, Yeast-derived
Ingredients, Wheat, Dairy,
Peanut, or Artificial Colors

ELDERBERRY AND MORE!

For centuries the dark berries of European black elder (*Sambucus nigra* L.) have been traditionally used as a winter remedy for immune support.*

We took our unique elderberry extract and combined it with Vitamin C and Zinc to support healthy immune function.*

A CLINICALLY PROVEN INGREDIENT

South African Geranium root extract has been the subject of over 20 clinical studies in thousands of adults and children.

††Reduces the duration and severity of minor nasal, throat, and chest irritations and occasional coughs associated with hoarseness, dry throat, and irritants.*

Take Nature's Way Sambucus® Relief to help you get back faster to work, school, and doing the things you love.



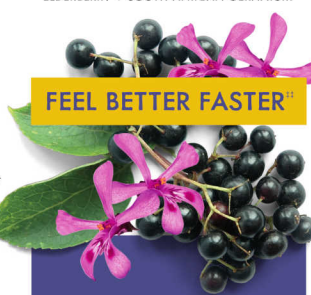
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Supplement Facts

Serving Size	Ages 6-12: 1½ teaspoons (tsp) (7.5 mL)	Ages 13+: 2 teaspoons (tsp) (10 mL)
	32	24
Servings per Container		
Amount per Serving	Ages 6-12 % DV†	Ages 13+ % DV†
Calories	20	25
Total Carbohydrate	5 g 2%†	7 g 3%†
Total Sugars	4 g **	5 g **
Includes Added Sugars	4 g 8%†	5 g 10%†
Vitamin C (ascorbic acid)	33.7 mg 37%	45 mg 50%
Zinc (as zinc gluconate)	2.4 mg 22%	3.2 mg 29%
Black Elder (<i>Sambucus nigra</i> L.) Extract (berry) standardized to anthocyanins from 1,600 mg of premium cultivar elderberries per teaspoon	37.5 mg **	50 mg **
South African Geranium (<i>Pelargonium sidoides</i>) (root) Extract (EPs 7630®)	15 mg **	20 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: purified water, fructose, glycerin, natural flavors, malic acid, potassium sorbate (preservative to maintain freshness)

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