

PLANETARY<sup>®</sup>  
HERBALS

# ELDERBERRY SYRUP

(SAMBUCUS NIGRA)  
EUROPEAN CLASSIC FOR NATURAL DEFENSES\*

8 FL. OZ. (236.56 mL)

HERBAL SUPPLEMENT  
Approved by  
Michael Tierra L.Ac, O.M.D.  
*Michael Tierra*

## Supplement Facts

Serving Size 1 Teaspoon (approx. 5 mL)

Servings Per Container 47

	Amount Per Serving	%DV
Calories	35	
Total Carbohydrate	4 g	1%*
Elderberry Extract	5 mL	†

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

†Daily Value not established.

Other ingredients: honey, grain alcohol (20-30%), and purified water.

**Suggested Use:** 1 teaspoon 1 to 2 times daily.

STORE IN A COOL, DRY PLACE.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product. Not for use by children under 2 years of age.

**Do not use if tamper-evident seal is broken or missing. Keep out of the reach of children.**

In the herbal traditions of Europe, elderberry has been used since antiquity as a wine, a syrup, and a warming winter cordial. The berries are rich in bioflavonoids and anthocyanins, a unique class of constituents known for their beneficial effect on cellular function, and particularly for their role in maintaining the integrity of capillary walls. Planetary Herbals delicious **ELDERBERRY SYRUP** captures these unique compounds, uniting age-old tradition with modern science to support natural defenses.\*

Created for Planetary Herbals by licensed acupuncturist and clinical herbalist Michael Tierra. A clinician since 1972, Michael is an authority on the world's herbal traditions, and has authored several respected herb books.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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Manufactured for:  
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