

# Adding elderberry to your health routine is a smart move



*Elderberry has been catapulted into the headlines lately, with its history of documented immune benefits. Studies reveal multiple pathways by which it exerts its protective effects. As a result, there's been a run on elderberry products. Future Pharm has met the demand with the timely release of its great elderberry formulation.*

*–Dr. Hoffman*

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People who use more natural options to protect their health are likely aware of all that elderberry has to offer. For those who aren't as familiar with elderberry, now is a good time to become more versed in all this amazing berry has to offer! Learn why adding elderberry to your health routine is a smart move.

Elderberry is one of the most commonly used medicinal plants in the world, yet many people are still unfamiliar with all the health benefits it offers. Its story dates as far back as 400 BC, and Hippocrates, the "Father of Medicine," called the elder tree his "medicine chest." The berries are tart and need to be cooked to be eaten.

Elderberry is packed with antioxidants, vitamins, and may boost your immune system. Elderberry flowers and leaves have been used for pain relief, swelling, inflammation, to stimulate the production of urine, and to induce sweating. The bark was used as a diuretic, laxative, and to induce vomiting. Dried berries or juice have been used to treat influenza, infections, sciatica, headaches, dental pain, heart pain, and nerve pain, as well as a laxative and diuretic. Teas and syrups made from the elderberry plant have been used to fight upper respiratory infections.

Studies have shown that elderberry could be a potentially safer alternative to prescription drugs for routine cases of the common cold and influenza. With many people avoiding prescription drugs for fear of side effects, adverse reactions or simply expense, this is good news for those looking for a more natural option to fight colds and flus.

It's always a good idea to speak with your doctor or medical professional to see if adding elderberry is a good idea for you. With the history behind this powerful little plant, it shows promise and is definitely worth consideration!