

Elderberry Tablets

Traditional symptomatic cold relief



Traditionally used in

Western herbal medicine to

Relieve cold & flu symptoms

MediHerb Elderberry Tablets contains a quality juice concentrate of *Sambucus nigra* (Elderberries).

MHELD60

60 Tablets

VG

VT

Elderberry Tablets

Traditional symptomatic cold relief

Sambucus nigra, also known as European elder has been valued as a food and folk medicine for centuries and was referred to as “the medicine chest of the country people” in England.¹ The berries specifically were utilised in Western herbal medicine to relieve symptoms of colds and flu.



Why Use Elderberry Tablets?

- ✓ Elderberry is traditionally used in Western herbal medicine to relieve symptoms of **common colds and flu** in adults:
 - Relieve **throat mucous membrane irritation**
 - Promote sweating (**diaphoretic**)
 - Decrease **mild upper respiratory tract congestion**
 - Relieve **cough**
 - Relieve a **runny nose**
- ✓ Elderberry is traditionally used in Western herbal medicine to relieve symptoms of **mild upper respiratory tract infections in children** over 5 years of age

Dosage and Administration

Adults:

Take 2 tablets twice daily.

Children 5 – 9 years:

Take 1 tablet 1-2 times daily.

Children 10 – 12 years:

Take 1 tablet 2-3 times daily.

Each tablet contains:

<i>Sambucus nigra</i> (Elderberry) fruit juice concentrate	430 mg
derived from fruit fresh	3 g

Allergen Information:

No added: Gluten, soya bean, milk, lactose, peanuts, tree nuts, fish, crustacea, egg, sesame seeds, artificial colours.

Excipients:

Calcium hydrogen phosphate dihydrate, colloidal anhydrous silica, croscarmellose, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose.

Warnings, Contraindications and Cautions:

If patient symptoms persist, seek additional professional advice.
Not to be used in children under 2 years of age without medical advice

1. Braun L, Cohen M. *Herbs and Natural Supplements: An Evidence-based Guide*. 4th ed. Chatswood: Elsevier; 2015. P. 298-302.

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