



BUBBIE'S *Did You Know...* HERBAL FACT

Elderberry and Immune Defense

A 2020 systematic review and meta-analysis of 4 randomized controlled trials with 180 participants found that elderberry (*Sambucus nigra*) extract reduced the duration and severity of upper respiratory symptoms and supported immune function compared with placebo.

Promising short-term evidence

Symptoms reduced • Duration shortened • Immune support

Evidence quality was rated moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Tiralongo et al., Journal of Functional Foods (2020)
pubmed.ncbi.nlm.nih.gov/31970886

Bible Verse

“He heals the
brokenhearted and
binds up their wounds.”

Psalm 147:3 (NIV)

BUBBIE'S Herbal Tea Recipe

Elderberry Immune Support Tea

INGREDIENTS

- 2 cups water
- 1 tbsp dried elderberries
- 1 tsp dried elderflowers
- 1 tsp fresh ginger, sliced
- 1 tsp honey, optional
- Slice of lemon, optional

DIRECTIONS

Bring water to a boil. Add elderberries, elderflowers, and ginger. Cover and simmer 15–20 minutes. Strain and add honey and lemon if desired.

Sip warm to support your immune system.

A comforting cup to help keep you strong and well.

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