



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

Elderberry and Immune Support

A 2019 systematic review and meta-analysis of 11 randomized controlled trials found that elderberry (*Sambucus nigra*) may help reduce the duration and severity of cold and flu symptoms, particularly when taken within 48 hours of onset.

Promising short-term evidence

May shorten the length of illness • May reduce symptom severity
Supports immune system function • Rich in natural antioxidants

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

SUPPORTING EVIDENCE

Tiralongo, E. et al., *Nutrients* (2019)
Systematic Review and Meta-Analysis of 11 RCTs

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 echinacea (optional)
- 1 tsp dried ginger (optional)
- 1 tsp honey (optional)
- Slice of lemon (optional)

DIRECTIONS

Bring water to a boil.
Add elderberries, echinacea, and ginger.
Simmer 10–15 minutes.
Strain and add honey and lemon
if desired.
Sip warm, especially at the first sign
of a cold, to support your
immune system.

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