

## High-antioxidant, nutrient-rich, potent, wild elderberry extract

Elderol is a powerful combination of two super potent berries: raw elderberry and raw aronia berry. These raw, handpicked berries are obtained from unspoiled wilderness and cold-pressed immediately. Through the power of spice oils this gift from nature is presented to you raw, unheated and nutrient-dense for your maximum benefit.

Elderberries are obtained from the elder tree (*Sambucus nigra*). They are dark, plum-colored berries. These berries are accepted therapeutic herbs and have been long used in folk medicines. Their benefits are now being rediscovered by researchers who claim that elderberry juice is very beneficial for the prevention of a number of ailments.

Man apparently recognized it as a useful plant even in prehistoric times. The book *Magic and Medicine of Plants* states that evidence of its cultivation is found in Stone Age village sites in Switzerland and Italy. There are recipes for elderberry-based medications dating as far back as Ancient Egypt. Hippocrates, the ancient Greek known as the “father of medicine,” described this plant as his “medicine chest” for the wide variety of ailments it seemed to alleviate.

The countless benefits of elderberry juice can be attributed to the various essential nutrients that it contains. Elderberry juice is a top source of nutrients such as vitamins A and B, amino acids, flavonoids, tannins, rutin, and carotenoids. Other nutrients that surge from the elderberry include organic pigments, viburnic acid, phosphorous, calcium and potassium. It also is a powerful source of anthocyanins and quercetin. According to Dr. Gerhard Rechkemmer, president of Germany’s Federal Research Institute for Nutrition and Food, they have significantly greater antioxidant capacity than commonly known antioxidants such as vitamin C. This powerful berry is a welcome addition for the connoisseur of health-promoting berries. It is validated culturally by continual widespread, longstanding historical use.

Another superstar in the powerful berry constellation is aronia berry, which has been added to deliver a powerful one-two combination. Aronia’s extremely high antioxidant levels, 8580 ORAC, make it one of eight “true” super fruits in the world. Aronia berry has high levels of proanthocyanins and quinic acid (ten times more than cranberries). Additional nutritional benefits include polyphenols, anthocyanins, vitamins B2, B6, C, and E, and folic acid. It also has minerals, a high level of phenolic acids, tannins, catechins, and other active flavonoids, including quercetin, rutin, and hesperidin. Aronia berry truly is one of the fruits highest in anthocyanin content, even compared to blueberry or pomegranate.

Directions: Take twenty or more drops of this potent extract under the tongue as often as needed. For maintenance take 5 to 10 drops daily. May also be added to water, juice or milk.



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
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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.