Research on Elderberry

Studies found that Elderberry:

- Can enhance the immune function, thereby help shorten the duration of cold and flu symptoms.
- Reduces upper respiratory symptoms.
- Reduces the days of people suffering from influenza.
- Inhibits the production of inflammatory molecules associated with increased intestinal permeability.
- Contributes to improved gut health.
- Adds to antidepressant activity.
- Has a positive impact on skin health.
- Can boost the immune system.
- Can contribute to pain relief.
- Has a positive influence on eye health.

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