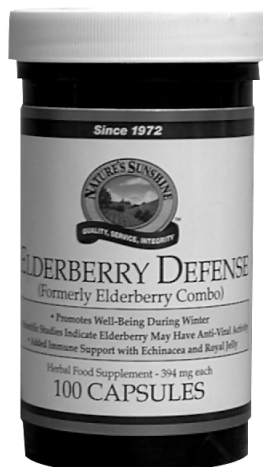


# Elderberry Defense

## Cold- and Flu-Season Support

*The changing seasons inevitably bring sneezes, coughs and everything else associated with colds and flu. While it's difficult to stay completely healthy, you might just avoid sheer misery with help from nature. Put the power of elderberry fruit in your corner, and enjoy a season of good health with NSP Elderberry Combination.*



### INGREDIENTS

Each capsule contains elderberry fruit (*Sambucus nigra*) extract, *Echinacea purpurea* herb and royal jelly.

- **Elderberry** fruit has been used for 2,500 years by people with influenza, coughs and colds. The berry provides a natural source of vitamins C, B1, B2 and B6, as well as fruit acids, anthocyanic pigments and several minerals. It is highly prized as an immune-system booster.
- **Echinacea** is known the world over as an immunostimulant. It contains polysaccharides that have demonstrated immuno-stimulating and antiviral abilities.
- **Royal jelly** is a remarkable nutritive food that young nurse bees produce to feed the queen bee. It is rich in B-complex vitamins and also contains vitamins A, C, D and E, plus 18 amino acids and several minerals.

### BENEFITS

- Promotes immune-system function, which helps the body fight, and recover from, colds and flu.
- Provides essential nutrients, including vitamins, minerals and amino acids.

### SCIENTIFIC SUPPORT

During the 1980s, Dr. Madeleine Mumcuoglu and Dr. Jean Linderman isolated two active constituents from elderberry. Both of these constituents proved effective in fighting strains of influenza by rendering the viruses unable to replicate themselves. These doctors then conducted a double-blind, clinical trial in which patients infected with the influenza virus were given

either an extract of elderberry or a placebo. Seventy-five percent of the patients who received the elderberry extract were much improved within 48 hours. After 72 hours, 90 percent of this group was completely well. Meanwhile, the placebo group endured symptoms for six days before any significant improvement was noted. Measurements revealed that patients who had received the elderberry extract had greater numbers of antibodies than those who received the placebo, indicating a heightened immune-system response.

Scientific journals have published findings on royal jelly's antibacterial properties and its ability to stimulate antibody production.

### THE NSP ADVANTAGE

NSP Elderberry Defense offers an exclusive combination of immune-supporting ingredients for use during cold and flu season.

### RECOMMENDED USE

Take 2 capsules with meals three times daily, plus 2 more capsules at bedtime. We do not recommend use of this product for more than 10 days straight, as the body can build up a tolerance to echinacea, reducing its benefits.

### COMPLEMENTARY PRODUCTS

- **Nutritional:** Herbasaur® Chewable Elderberry Plus (for Children), CC-A™, Echinacea and Golden Seal products, Olive Leaf Extract, VS-C®, Time-Release Vitamin C.
- **Homeopathic:** Cold, Viral Recovery.
- **Essential Oils:** Guardian, Sweet Thyme Linalol, Lemon, Tea Tree.

*Elderberry Defense (100)*

*Stock No. 868-5*



Contact your local NSP Herb Specialist: