

BrainChild Nutritionals

Elderberry Comfort

Combines three traditional healing herbs: Elderberry, Reishi, Lemon Balm. Protects and bolsters the immune system, strengthening defenses against colds and flu.

Elderberry Comfort combines the medicinal benefits of elderberry, reishi and lemon balm in a delicious, easily absorbed liquid form. The juice of the elderberry, which contains vitamins A, C and multiple B vitamins, as well as bioflavonoids, carotenoids and amino acids, has been used since the 17th century as a tea and cordial to sooth sore throats, speed recovery from cold and flu and relieve respiratory distress. Reishi protects the liver, eases inflammation, helps support the body in fighting viruses, bacteria and candida, and supports immune function. Lemon Balm has long been considered a "calming" herb, and has been used since medieval times to reduce stress and nervousness, promote sleep, improve appetite, and to ease pain and digestive discomfort.

Contraindications:

Like most berries, elderberries are high in phenols, as is lemon balm. Elderberry Comfort is not suitable for people who do not tolerate high phenol foods like berries or grapes.

As with any nutritional supplement, you should consult with a health practitioner before using during pregnancy or lactation.

Interactions:

None.

Dosing:

Full adult dosage is 30 drops in warm water, 3 times a day. Child's dosage is 15 drops in warm water, 3 times a day. For sensitive children, start at one drop three times a day and work up. If pregnant or breastfeeding, please consult with your practitioner before using.

Ingredients:

Organically grown, alcohol-free, proprietary herbal extract blend of elderberry, reishi mushrooms and lemon balm.

Other Ingredients: Purified water, kosher vegetable glycerine.