



Elderberry Defense (formerly Elderberry Combo) Stock #868-5 (100 capsules)

Elderberry Combo provides nutrients which encourage a greater sense of wellness, especially during the change of seasons—a time when both the immune and respiratory systems often become overwhelmed. Elderberry Combo helps strengthen and maintain immunity and healthy respiratory function, working to prevent colds and flu, respiratory infections, and ear and throat problems.

Elderberry has long been used to help fight and prevent colds. In England, people often took a teaspoon of elderberry syrup to protect them from winter illness, including sore throat, as it helped expel bronchial mucus and relieve respiratory inflammation. Elderberry promotes perspiration in the event of a fever to help bring down temperatures. This herb is also a natural diuretic that reduces swelling that is common in respiratory infections. Elderberries are rich in vitamins A and C, both of which are known to strengthen immunity against disease. Elderberries are also a good source of iron, which is needed by the body to manufacture enzymes and oxidants that destroy bacteria known to cause colds. In addition, elderberries protect the body from disease by stimulating the elimination of toxins via perspiration, as well as through mild diuretic, expectorant and laxative actions. Researchers have studied the effects of elderberries for a wide range of infections and have found them to be especially beneficial for inner-ear, respiratory, sinus and throat problems.^{1,2}

Recent research has uncovered two active ingredients in elderberry that actually prevent the influenza (flu) virus from taking hold. More specifically, elderberry inhibits the enzyme used by influenza viruses to penetrate and infect healthy cells. One particular study of elderberry's effectiveness against influenza showed significant improvement in symptoms within 24 hours for 20% of the participants; by 48 hours, 70% had improved; and within 3 days, 90% reported complete recovery; however, those in the placebo group took 6 days to recover. Research has found elderberry to be effective against 8 strains of the influenza virus, indicating that elderberry may be a viable alternative to the influenza vaccine, which is only effective against 2 or 3 virus strains and is known to cause side effects in a significant percentage of those vaccinated.¹⁻³

Echinacea has been clinically proven to be an effective and extremely safe immune system strengthener. An extensive review of both published and unpublished research was conducted to determine the safety of echinacea usage—results confirmed that echinacea is safe for use by individuals of all ages, “from infants to adults.” This humble annual herb has been shown to fight bronchitis, colds, flu, infection, strep throat and other immune and respiratory problems. Taking echinacea at the first sign of cold or flu can arrest the problem and shorten the duration of symptoms. In fact, Dr. Mahady, Ph.D., who assisted the World Health Organization in reviewing the world's scientific literature on this powerful herb, reports that echinacea will shorten the duration of a cold even if it is taken after an individual has become sick.^{4,5}

Researchers have confirmed echinacea's ability to increase the immune system's production of interferon—the substance which fights viral infections in the body—as well as its ability to increase production of T-lymphocytes (T-cells) and other white blood cells which fight bacterial toxins. Echinacea also stimulates macrophage activity to help keep the lymphatic system operating efficiently. Macrophages are large cells in the lymph nodes which locate, filter out and destroy foreign particles, bacteria and toxins in the lymph fluid—a process known as phagocytosis. Such immunostimulating activity enables echinacea to effectively protect the body against virus-related diseases, including canker sores, herpes and influenza.^{6,7}

Royal jelly is a nutrient-rich substance, made by nurse bees and fed to the queen bee, that is believed to be responsible for the queen's remarkable growth, fertility, energy and longevity in comparison to other bees. Research has found royal jelly to be just as nutritious to humans. Royal jelly is a complete protein, containing all 8 essential amino acids, as well as high amounts of B vitamins, calcium, copper, iron, potassium, phosphorus, silicon and sulfur. Royal jelly's rich blend of nutrients helps to strengthen the body against illness and the effects of stress. Furthermore, royal jelly provides natural antibiotic properties to help prevent colds and flu.^{2,8,9}

Olive leaf contains phytochemicals that make it a formidable treatment against both infectious and degenerative diseases. In fact, olive leaf has been shown to be an effective remedy against nearly every type of pathogenic (disease-causing) microorganism, relieving numerous health problems resulting from colds, flu and other viral diseases; fungal, mold and yeast infections; bacterial infections (major and minor); and parasitic infestations. In all, olive leaf has been shown to be a powerful antimicrobial agent against over 130 infectious diseases. Even HIV-infected patients have demonstrated improvement in their immune function, as indicated by an increase in

T-cells following supplementation with olive leaf.^{2,10,11}

References:

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