Elderberry

What is it?

Elderberry syrup and tincture is an herbal extract made from the flower of the elderberry, *Sambucas nigra*. It is most commonly used to treat influenza (the respiratory “flu”), but also can be used for colds. It is known to be an antiviral and immune stimulating herb.

How do I take it?

It is most effective if taken within 24-48 hours of the onset of illness. The syrup preparation at UCSC Student Health Center is called Sambucas Syrup and is 10ml 4 times daily for 3-5 days. The tincture preparation can be taken as 1-2 dropperfuls in a little water several times daily.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. The product chosen by UCSC Student Health Center is high quality and uses Good Manufacturing Practices.

Elderberry is safe taken for short term illnesses. If you have severe symptoms such as shortness of breath, fever, prolonged illness, or other chronic medical problems, you should consult your provider before taking.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!!!