



# Zelderberry

## Defend Against Immune Challenges All Year Long with Zinc, Elderberry, and D3\*

- Keep the immune system strong\*
- Support healthy lungs\*
- Soothe throat tissues\*
- Contains healthy sweeteners

This convenient lozenge delivers immune boosters to the tissues that need it most: the throat and sinuses.\* Zinc lozenges are well-studied for supporting respiratory health and keeping throat tissues comfortable and healthy.\* Elderberry (*Sambucus nigra*) has a good track record as a botanical involved in lung and immune system health.\* Vitamin D3 keeps immune cells working at peak capacity.\* Many elderberry and zinc lozenges on the market contain sugar, but our lemon-berry lozenges taste great and are sweetened with xylitol, stevia, and honey powder.

## Feel Better with Zinc\*

Zinc inadequacy is associated with a poorly functioning immune system.\* In addition, many studies show that zinc supplementation can support feelings of wellness.\* Zinc keeps the lungs strong and healthy.\* Plus, it's involved in other areas of health including comfortable joints, unblemished skin, and fertility in both men and women.\*

## Keep the Upper Respiratory Tract Healthy with Elderberry\*

Elderberry has been used in folk medicine for centuries to support the upper respiratory tract and sinuses.\* Modern research shows that elderberry maintains immune health in air travelers.\* In addition, a meta-analysis<sup>1</sup> of the medical literature including 180 participants found that elderberry supplementation is an effective way to support upper respiratory health.\*

## Power Up Immune Cells with Vitamin D3\*

Higher vitamin D levels are linked to staying healthy.\* Vitamin D3 supports immune cells like macrophages and T cells.\* Vitamin D in optimal amounts balances levels of proteins known as cytokines and keeps the lungs healthy.\* Inadequate levels are common due to time spent indoors, the use of suntan lotion, older age, and darker skin.\* This vitamin is also important for bones and the heart.\*

## Zelderberry Is Recommended For:

- Boosting the immune system\*
- Maintaining health during immune challenges\*
- Healthy respiratory tract and lungs\*
- Comfortable ears, nose, and throat\*
- Healthy travelers\*

## Supplement Facts

### Serving Size 1 Lozenge

#### Amount Per Serving

Calories	5
Total Carbohydrates	2 g
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU)
Zinc (as Zn Citrate & Zn Gluconate)	23 mg
Elderberry ( <i>Sambucus nigra</i> ) Fruit Powder	100 mg
Elderberry ( <i>Sambucus nigra</i> ) Fruit Extract (30% polyphenols)	50 mg
Stevia Leaf Extract	4 mg

Other Ingredients: xylitol, stearic acid, vegetable stearate, citric acid, honey powder, silica, natural lemon flavor.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 lozenge daily, or as directed by your healthcare practitioner. Let dissolve in mouth.

<sup>1</sup>Hawkins J, Baker C, Cherry L, Dunne E. Black elderberry (*Sambucus nigra*) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials. *Complement Ther Med.* 2019;42:361-365. doi:10.1016/j.ctim.2018.12.004

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.