

Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (*Sambucus nigra* L.) during an outbreak of influenza B Panama.

Source: *Journal of Alternative and Complementary Medicine*, Winter 1995

Objective: Determine the effectiveness of Sambucol black elderberry (*Sambucus nigra* L.) extract on the flu virus in subjects from 5-57 years old.

Results: The group treated with Sambucol reported complete cure after four days with 86.7% reporting complete cure in three days. The non-treatment group took more than five days to report complete cure. There were no side-effects reported with taking Sambucol.

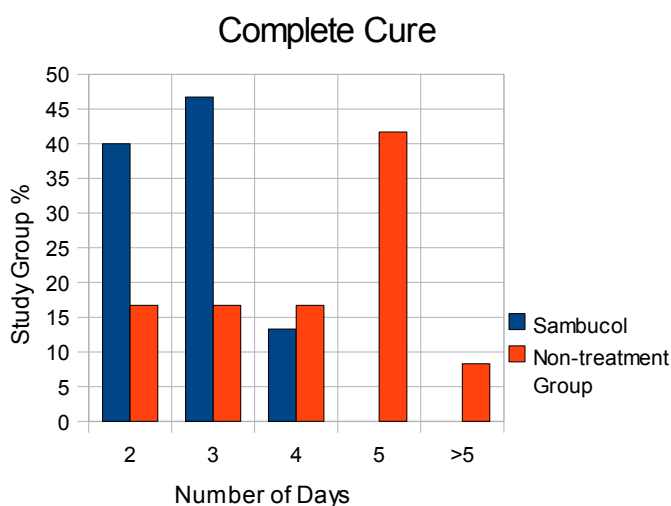


Illustration 1: This graph shows that over 80% of the flu patients taking Sambucol recovered fully in three days, while the majority of the untreated group took 5 days to recover.

Elderberry flavonoids bind to and prevent H1N1 infection in vitro.

Source: *Phytochemistry*, July 2009

Objective: Study the effects of black elderberry (*Sambucus nigra* L.) on Human Influenza A (H1N1) in vitro.

Results: The flavonoids in black elderberry extract bind to H1N1 virions. As a result, the flavonoids prevent the virus from infecting host cells. The inhibition activity of elderberry compares favorably to Tamiflu and Amantadine.