



Pharmacological and Clinical Effects of Elderberry Fruit

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In traditional German medicine, the dried ripe or fresh berries of *Sambucus nigra* were used for the treatment of constipation, to increase diuresis, as a diaphoretic in upper respiratory tract infections, for the alleviation of low back and/or neuropathic pain, headache and toothache. In the meantime, there are data on the antibacterial, anti-inflammatory, analgesic and anti-proliferative effects available, but these need further support...The active principle of elderberry, a mixture of procyanidins, anthocyanins and phenolic acids, has a potent antioxidative effect that may be useful for the treatment of the metabolic syndrome (hyperlipidemia, diabetes, hypertonus) associated with obesity...

This paper presents a good list of the traditional uses of elderberry in addressing health issues, as well as some of elderberry's indicated treatment potential from modern research. The author goes on to indicate the need for confirmation by "more rigorous" studies.

Also mentioned were the similar, slightly more potent antioxidant benefits of aronia, which has been researched more. Aronia berries ripen at the same time unlike elderberry, though aronia fruit is significantly more bitter than elderberry, making it harder to consume directly.

The presenter noted that elderberry has three times the antioxidant levels of currants. Furthermore, elderberry seems to act against helicobacter bacteria, and its rich amounts of Vitamin C protect elderberry's active health principle – make it more effective. This fact recommends elderberry juice as a good mixer with other juices or teas rich in Vitamin C.