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MEDICAL

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## Can Elderberry Really Be Used To Fight The Flu?

Have you ever tried elderberry to combat a cold or flu?

By Brittany Anas | January 26, 2019



### What Forms Does Elderberry Come In?

Elderberry extract is typically available in either a syrup or capsule form, says **Dr. Elroy Vojdani, M.D., a functional medical expert and founder of Regenera Medical**. He says that the side effects are relatively benign, with some cases of abdominal pain or indigestion.

“Those of us that practice functional or integrative medicine use elderberry extract quite often,” he says. “I have not seen significant side effects in any of the patients who I have prescribed it to.”

However, he says, elderberry can lower blood sugar levels, so if you’re a diabetic, you should take extra care in monitoring your blood sugar when using it. Also, pregnant or nursing women should avoid elderberry supplements as these supplements have not been sufficiently studied to be deemed safe for use in those conditions.



### What's A Recommended Dosage?

Elderberry is best taken the moment you feel you may be coming down with a cold or flu, Vojdani says.

When using a syrup form of elderberry extract, a standard dosage is 1 to 2 tablespoons, four times a day until your symptoms resolve. In capsule form, it's recommended that one takes about 1000mg of plant extract (each manufacturer has a slightly different amount) twice a day until your symptoms resolve, Vojdani says.



### Why Don't We Hear Much About Elderberry?

If elderberry can help prevent illness, and banish cold and flu symptoms, why don't we hear more about this antioxidant-rich fruit?

Lee explains that, for the most part, pharmaceutical medicines are typically recommended first by physicians. But that could be changing. Over the last five to 10 years, there's been an upsurge in the use of ancient herbal remedies to treat common conditions, says Vojdani.

"People are starting to look for more natural solutions to heal themselves or prevent illness," he says, pointing to the surge in popularity of turmeric being used for anti-inflammatory and pain-relieving purposes.

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