



## High Purity Organic Fruit Elderberry Natural Dried Elderberry Juice Powder

Our Product Introduction

### Basic Information

- Place of Origin: China
- Brand Name: Hongbaiyi
- Certification: COA, HPLC MR
- Model Number: HBY-Elderberry Juice Powder
- Minimum Order Quantity: 5kg/bag
- Price: Negotiable
- Packaging Details: 5kg/bag
- Delivery Time: 3~5 days, upon receipt of payment
- Payment Terms: T/T, Western Union, MoneyGram
- Supply Ability: 5000kg per month



Elderberry Juice Powder



### Product Specification

- Product Name: High Purity Organic Fruit Elderberry Natural Dried Elderberry Juice Powder
- Form: Loosely Crystalline Powder
- Particle Size Distribution:  $\geq 95\%$
- Test Method: HPLC
- Appearance: Pink
- LOD:  $\leq 5$
- Vitamin C Content: 17% / 20%
- Molds/yeasts:  $\leq 50$
- Highlight: **High Purity Organic Fruit Elderberry Powder ,  
Natural Dried Elderberry Juice Powder**



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## Product Description

### High Purity Organic Fruit Elderberry Natural Dried Elderberry Juice Powder



#### Health Benefits of Elderberry Powder

Elderberries have been in the news recently as an effective preventative measure against COVID-19. However, our ancestors have been using this antioxidant-rich fruit for centuries to promote good health. Known as the "Sacred Tree" in the Middle Ages, elderberries are rich in vitamins and minerals that boost the immune system, digestive health, and skin care benefits. Let's take a closer look at this sweet and tart fruit and how you can add elderberry powder to your wellness regimen.

#### Elderberry Folklore and History

Early Anglo-Saxon and European ancestors firmly believed in the healing properties of the elderberry fruit. Ancient Dutch folklore suggests that the elderberry fruit contains the spirit of the Mother Elderberry, which endows all parts of the plant with healing powers.

Our ancestors brought elderberries with them when they settled in other regions. Elderflowers moisturize the skin and lighten freckles. They would squeeze elderberry juice to speed up the healing time of wounds and burns. Even the bark was used to treat digestive problems because of its diuretic and nausea-relieving properties.

Over time, elderberries became notorious for being used to crucify Jesus. With this negative impact and the advent of pharmaceuticals, elderberries were gradually excluded from healthcare programs.

Now, the world is facing a pandemic. This lifestyle change has prompted us to evaluate our health habits, prompting us to look for natural alternatives to boost our immune systems, improve our appearance, and support our overall quality of life. Let's discuss why Elderberry Powder is the perfect addition to your diet.

#### Basic Information about Acerola Cherry Juice Powder:

Product name	Elderberry Juice Powder
Used Part	Fruit Juice
Type	Cherry
MOQ	1kg
Solubility	Soluble in water
Application	food, beverage
Storage	Placed in a cool, dry place
Vitamin C Content	17% or 20%
Shelf life	24 months

#### Benefits of Elderberry Powder

Elderberries are an excellent addition to any meal plan. Elderberries have a slightly bitter taste, but a sweet aftertaste. Elderberry powder complements a wide variety of foods and aspects of your life. Here are some of the health benefits of consuming elderberries.

#### High antioxidant levels

Your immune system is busy fighting off bacteria, viruses, and toxins from food, the environment, and other people in your life. It needs all the backup it can get to keep your body healthy all day long. These small berries provide your immune system with an array of antioxidants that help support a healthy lifestyle.

Just 100 grams of elderberries provide the body with 60% of the recommended dietary intake of vitamin C. The fruit is a great

source of vitamin C, but it also helps to keep our immune system healthy.

However, vitamin C also helps convert the food we eat into energy. Therefore, this immune-boosting vitamin can also help you lose your waistline.

Elderberries are also a good source of phenolic acids. In particular, elderberries contain chlorogenic acid.

Studies have shown that chlorogenic acid helps protect the liver. It also regulates our metabolism and fat storage, which can also help you shed some pounds.

### **Fight colds and flu**

With COVID-19 taking the world by storm, more and more people are realizing the anti-flu benefits of elderberries. However, the scientific community has known about these benefits of elderberries for a long time! A study of 60 people found that taking 15 ml of elderberry syrup four times a day resulted in a 50% faster recovery for people with influenza A and B compared to those taking a placebo.

Another study followed 312 air travelers during the flu season. Some of them took capsules containing 300 milligrams of elderberries three times a day. It was found that those who became ill with elderberries recovered faster than those who became ill without them.

Experts hypothesized that the high levels of polyphenols found in elderberries contributed to these results. In particular, elderberries contain large amounts of isorhamnetin.

A study involving mice infected with influenza A used this antioxidant to treat subjects. The results found that: "Oral administration of isorhamnetin to mice infected with influenza A virus resulted in a significant 2-fold reduction in lung viral titers, a 70-80% increase in survival, and a 25% decrease in body weight.

### **Pain Relief**

Elderberry powder is also an excellent choice for post-workout recovery. It is rich in a variety of anti-inflammatory vitamins and minerals that provide relief from joint pain and muscle soreness.

The color of this colorful fruit comes from a group of pigments known as anthocyanins. Anthocyanins are the world's most potent natural anti-inflammatory agents.

Studies have shown that anthocyanins reduce the oxidative stress that leads to inflammation. They signal through the Nrf2 signaling pathway. Our immune system intercepts these messages and stops the inflammation that causes pain.

### **Supports Skin Health**

Elderberries are high in antioxidants, making them ideal for all-natural skin care. Antioxidants help eliminate free radicals that trigger inflammation. Inflammation destroys healthy skin cells. Eventually, chronic inflammation can leave our skin rough, dull, and wrinkled.

Elderberry powder's high antioxidant levels help revitalize dying skin cells. Elderberry powder also improves circulation, helping to remove dead cells and bacteria that may be dulling the skin.

Finally, the high vitamin C content of elderberries is essential for collagen growth. Vitamin C manipulates collagen mRNA.

Essentially, vitamin C speeds up collagen production. This constant production will give our skin structure and a healthy glow. Without the Vitamin C in Elderberry Powder, our skin would lose elasticity and be prone to wrinkles and spider veins.

### **Benefits for constipation**

Elderberry powder is also rich in dietary fiber. The body is unable to break down these carbohydrates on its own. Therefore, it requires probiotics to do so.

Probiotics use elderberry fruit as prebiotics. In turn, healthy bacteria grow stronger. Without beneficial bacteria to consume the fiber, we would be bloated.

While consuming prebiotics, probiotics also produce metabolites as waste. These metabolites are called short-chain fatty acids.

Short-chain fatty acids (such as butyrate and acetate) help give structure to our intestinal barrier cells. This makes it less likely for toxins to leak from the small intestine into the bloodstream.


### **Side Effects of Raw Elderberry**

Incorporating elderberries into your life has many health benefits. However, there are some risks and side effects associated with eating raw elderberries. Raw elderberries may contain plant-based compounds known as lectins. Lectins are known as "anti-nutrients." They bind to other vitamins and minerals, making them useless to the body. In addition, lectins are difficult for some people's body systems to break down. As a result, raw elderberries may cause some gastrointestinal distress. Uncooked elderberries also contain high levels of cyanide. Consuming too much elderberry can cause nausea and/or vomiting.



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