

Sambucus nigra

Sambucus nigra, commonly known as Elderberry, is a flowering shrub native to Europe, Western Asia, and parts of North Africa. It has been traditionally used for centuries in herbal medicine for immune support, respiratory wellness, and seasonal health. Today, Elderberry remains one of the most popular herbal ingredients in syrups, teas, and immune-support supplements worldwide.

Key facts

- **Scientific name:** *Sambucus nigra*
- **Common names:** Elderberry, Black Elder
- **Family:** Adoxaceae
- **Active compounds:** Anthocyanins, flavonoids, polyphenols
- **Typical forms:** Syrups, teas, capsules, extracts

Botanical characteristics

Sambucus nigra is a deciduous shrub with clusters of creamy white flowers and dark purple-black berries. The flowers and berries are harvested and processed into medicinal and culinary products.

Traditional and modern uses

Traditionally, Elderberry has been used to support immune function, respiratory comfort, and fever management. In modern herbal medicine and wellness products, it is commonly promoted for seasonal wellness, upper respiratory support, and antioxidant protection.

Mechanism and research

Research suggests that anthocyanins and polyphenols in Elderberry may exhibit antioxidant and immunomodulatory properties. Clinical studies have explored its potential role in seasonal respiratory wellness and immune support, although additional high-quality research remains ongoing.

Safety and regulation

Cooked or properly processed Elderberry products are generally considered safe. Raw berries, leaves, stems, and seeds may contain compounds capable of causing gastrointestinal symptoms if consumed improperly. Commercial standardized products are preferred for safety and consistency.

Culinary and supplement context

Elderberry is widely used in syrups, jams, teas, beverages, lozenges, and immune-support supplements. Its rich flavor and association with seasonal wellness continue to support strong global popularity.