

## **Black Elderberry Extract May Speed Up Flu Recovery**

**Abstract:** A natural black elderberry extract may reduce the symptoms and shorten the duration of flu types A and B, according to a study conducted at the University of Oslo School of Medicine, Norway. Prior research has shown it to be effective in flu type B, according to the study. Flu type A mutates often, yielding a new strain every few years, which is responsible for major epidemics every several years; flu type B is less common and results in a milder illness.

In the randomized, double blind, placebo-controlled study, 60 subjects ranging in age from 18 to 54 years who were suffering from flu-like symptoms for 48 hours or less were given either 15 ml of placebo or 15 ml of elderberry extract (in the form of Sambucol, by Natures Way Products Inc., [www.naturesway.com](http://www.naturesway.com)) four times a day for five days. The subjects recorded their symptoms in a diary format four times a day during the treatment period and two times a day for nine days after treatment. Flu symptoms disappeared an average of four days earlier in subjects receiving the elderberry extract compared to those receiving placebo; no significant side effects were observed.