

COVID-19 is an emerging, rapidly evolving situation.

Get the latest public health information from CDC: <https://www.coronavirus.gov>.

Get the latest research from NIH: <https://www.nih.gov/coronavirus>.

FULL TEXT LINKS



[Review](#) > [J Diet Suppl.](#) 2014 Mar;11(1):80-120. doi: 10.3109/19390211.2013.859852.

Epub 2014 Jan 10.

An Evidence-Based Systematic Review of Elderberry and Elderflower (*Sambucus Nigra*) by the Natural Standard Research Collaboration

Catherine Ulbricht ¹, Ethan Basch, Lisa Cheung, Harley Goldberg, Paul Hammerness, Richard Isaac, Karta Purkh Singh Khalsa, Aviva Romm, Idalia Rychlik, Minney Varghese, Wendy Weissner, Regina C Windsor, Jayme Wortley

Affiliations

PMID: 24409980 DOI: [10.3109/19390211.2013.859852](https://doi.org/10.3109/19390211.2013.859852)

Abstract

An evidence-based systematic review of elderberry and elderflower (*Sambucus nigra*) by the Natural Standard Research Collaboration consolidates the safety and efficacy data available in the scientific literature using a validated, reproducible grading rationale. This article includes written and statistical analysis of clinical trials, plus a compilation of expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology, and dosing.

LinkOut - more resources

Full Text Sources

[Taylor & Francis](#)

Medical

[MedlinePlus Health Information](#)