

Elder Flower (used to help support respiratory health*)

Native to parts of Europe and North America, the elder tree (*Sambucus nigra*) is easily recognized by its delicate clusters of cream-colored flowers. In many ancient traditions, elder was planted for good luck. Among herbalists, elder flowers are well known for their longstanding traditional use to help support respiratory health.*

Alvita Elder Flower Tea is made with premium-quality, organic elder flowers, and possesses a delicate floral aroma and pleasantly mild flavor.

Preparation: Place one tea bag in a cup and add 6 oz of boiling water. Cover and steep for 5 minutes. Gently squeeze tea bag and remove. Elder flower tea is best when consumed hot.

Directions for use: We recommend 1-2 cups, up to 3 times daily. Add sweetener if desired. Naturally caffeine free.

Supplement Facts		
Serving Size: 1 tea bag		
	Amount Per Serving	%DV
Organic European Elder (flowers)	2g	†
† Daily Value not established.		

Certified Gluten-Free by NSF. Certified Organic by QAI.

WARNING: If you are pregnant or nursing, taking any medication or have any medical condition, consult a healthcare professional before use. KEEP OUT OF REACH OF CHILDREN.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.