- **The berries.** Try to buy the berries in bulk. One pound runs anywhere from $25-40 on Amazon. (Brands to look for are Sunburst Superfoods or Frontier Organic). You can get approximately 4 batches of syrup from a pound of dried elderberries, or 8 batches if you steep them twice. (More on that below.)
- **The extras.** You can "stretch" your berries by adding other herbs and spices to the mix and it further helps you fight off flu. This can make the concoction more bitter or more flavorful so think about what you want. Rosehips, cinnamon, star anise, licorice, dried ginger, dried orange peels, cloves, mullein and marshmallow root all make heavenly and virus-fighting additions! Plus, your house will smell like Christmas when you are done. Echinacea is an option but it's very bitter and Goldenseal and Feverfew can be pungent.

Any prepper's medicine cabinet should be well stocked with several pounds of dried elderberries. Even better, plant some elderberry bushes so you can harvest your own berries for years.

How do you use elderberry syrup to shorten the duration of a cold or the flu?

One study showed that participants with the flu recovered up to 4 days faster when given just one tablespoon of Sambucol each day while symptoms persisted.

In other words, the elderberry syrup helped them recover an average of half the time.

Here's how to make elderberry syrup.

Now that you've shaken your mix up, let's begin.

Directions

1. Using 1 cup of berry mix, add 4 cups of water to a pot and bring to boil.
2. Reduce to simmer.
3. Simmer until only 2 cups of liquid mixture remain in the pot.
4. Strain and let cool slightly.
5. Add honey or chosen sweetener, stir.
6. Place in a bottle or jar.
7. Store the product in the fridge.

It makes about 32 ounces per batch!*

The product should last 3 weeks. Use it regularly so that you’re sure to use it before it could spoil.