ELDERBERRY TINCTURE

What you will need to make elderberry tincture

This is the best part! Brace yourselves…this is too easy!

- Glass jar with a lid (I like to use a pint mason jar with one of these lids – do not use metal lids as the alcohol will deteriorate it over time.)
- Dried elderberries
- 80 proof alcohol (such as vodka or brandy)
- 4oz Dark tincture/dropper bottles (I re-purpose old tincture bottles, but if you don't have any, shop around your local health food store, or you can purchase them here.)
  That's it! And in less than 2 minutes you will be on your way to your own elderberry tincture!

Instructions for making elderberry tincture

- Fill your jar with about 1 cup of dried elderberries, cover the elderberries with the alcohol, and put the lid on.
- Gently shake the jar and leave it in a dark cupboard for 6 weeks. Gently shake the jar every day or so (I keep mine right by my coffee mug in the cupboard so I remember to do this most days of the week)
- After 6 weeks, strain the elderberries with a fine mesh strainer or thin kitchen towel and then pour the elderberry extract into your dark dropper bottle. Keep the elderberry tincture in a dark cupboard at room temperature.

Dosage

This varies depending on the size of the person, but a good starting point for an adult is 1/4 to 1/2 teaspoon (1.25 to 2.5 ml) elderberry tincture, taken several times per day.

For my family, I mix a few drops into a spoonful of honey to make it pleasant to take. You could also add it to a hot tea, to help the alcohol evaporate, or try dropping a small amount into ginger ale.

If you're pregnant, nursing, on medication, or have any health concerns or questions, please consult a qualified health care provider before using herbal home remedies such as this one.

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Adults (considered over age 12) ::

- When ill or at the sudden onset of illness: 2 droppers 3 times per day (2 droppers is about 1 teaspoon)
- When healthy but the kids are sick (or there is a lot going around the classroom): 2 droppers 1 time per day

Children (ages 5-12) ::

- When ill or at the sudden onset of illness: 1 dropper 3 times per day (1 dropper is about 1/2 teaspoon)
- When healthy but there is a lot going around the classroom: 1 dropper 1 time per day

Children (ages 2-4) ::

- When ill or at the sudden onset of illness: 1/4 to 1/2 dropper 3 times per day (1/2 dropper is about 1/4 teaspoon or about 5-10 drops)
- When healthy but there is a lot going around daycare or their sibling's classroom: 1/4 to 1/2 dropper 1 time per day (or about 5-10 drops)

(Please note that under the age of 2, I tend to keep any elderberry useage to tea or elderberry syrup (using molasses or maple syrup instead of honey if under the age of 1). If you are nursing, you can take the tincture yourself and the herb will transfer to your breastmilk. While I do use some tinctures with my babies for teething or calming, I try to keep it limited because of the alcohol and their underdeveloped livers under the age of 2.)

Tips for taking elderberry tincture

- Tinctures can taste strong. I have found that my kids don't bat an eye at them because they have been taking tinctures for various reasons since infanthood (such as teething tinctures and calming tinctures), and they are just used to them. Below are some things to keep in mind.
- Tinctures work best held under the tongue for about 30 seconds. Obviously young children do not do this, but as my girls have gotten older we make it a game by humming the ABC's or Twinkle Twinkle Little Star while we hold it. You can dilute the tincture a little to tame the alcohol too.
- You can mix the tincture with a spoonful of raw honey, yogurt, or applesauce if you think the kids will take it better that way.
- You can dilute the tincture in a warm cup of water with raw honey to make a "tea".
- While herbs work best on an empty tummy, just get it in when you can! I do shoot for in between meals, but in a houseful of busy kids that just doesn't always happen.

Elderberry Syrup

It is a great idea to be prepared ahead of time so you know what to do if and when a virus does attack your house.

Prep Time10 mins

Cook Time45 mins

Total Time55 mins

Course: Condiment

Cuisine: American

Keyword: elderberry syrup recipe, homemade elderberry syrup, how to make elderberry syrup

Servings: 32 servings

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Ingredients

- ½ cup dried elderberries
- ¼ cup dried rosehips optional but gives additional immune boosting vitamin c
- 3 ½ cups filtered water
- ¼ cup or more to taste raw honey optional – if you plan to give this to your one year old leave this out as raw honey is not recommended until they turn 2. Your "syrup" will be a little runnier but you will still have the benefit of the elderberries.

Instructions

1. Put the elderberries, optional rosehips, and water in a small pot and bring to a boil.

2. Reduce to a low simmer for 45 minutes WITHOUT a lid.

3. Turn the heat off and mash up the elderberries and rosehips with a potato masher.

4. Strain out the elderberries and rosehips and give them a good squeeze to get all the liquid out. Either strain in a tea towel and squeeze, or a mesh strainer and use a spoon to squish them down. A French press works well too.

5. Store the syrup in a pint mason jar in the fridge for 3 months.

6. **Doseage while ill** is 1 tsp hourly for children, or 1 TB for adults. **When we are not ill, but it is during the cold and flu season and we may have been around some virus/flu**, I will give 1 tsp daily for a week to the kids, and 1 TB daily for a week for my husband and I for preventative measures.

7. I actually prefer to use my **French press** to strain out the syrup. I use it to make herbal infusions/teas, and of course coffee too.
8. **Here are my tips on serving it to the kids!** I use a **medicine syringe** because the syrup stains. They do take it off a spoon no problem but I just have accidently dripped too many times and ruined shirts! **It is also delicious stirred into soaked oatmeal with berries, smoothies, popsicles, or whole plain yogurt!**