

HUMAN CLINICAL TRIAL – FACTSHEET

Nutrients. 2016 Mar 24;8(4):182. doi: 10.3390/nu8040182.

Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial.

Tiralongo E, Wee SS, Lea RA.

COLD AND FLU INFECTIONS

Approximately 20% of travellers have upper respiratory health problems after a long distance flight.



The immune system and overall health are severely compromised during long distance flights.

1 BILLION

Cases of the common cold occur annually in the U.S.

200,000

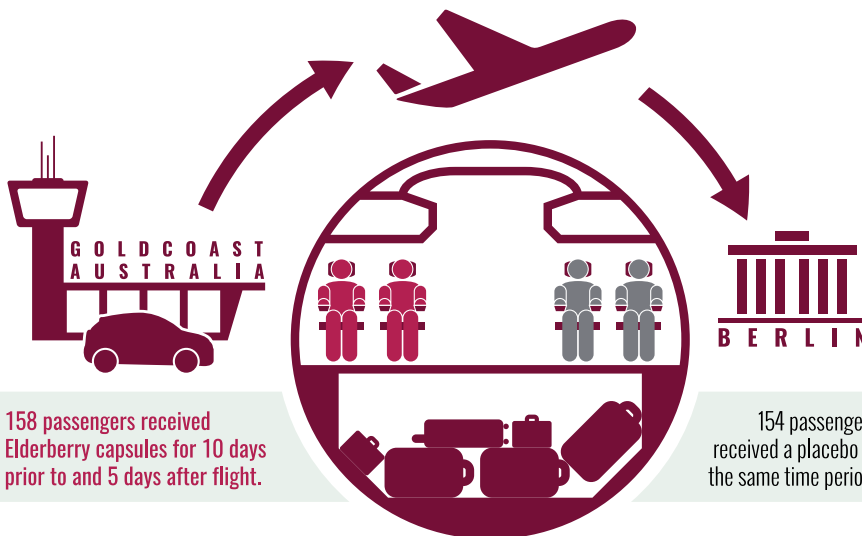
U.S.-Americans are hospitalized annually due to influenza.

SEASONAL FLU OUTBREAKS RESULT IN AN AVERAGE OF

\$10.4 BILLION

in direct costs that include hospitalization and outpatient visits.

HUMAN CLINICAL TRIAL SETUP



The effect of ElderCraft® (600 mg - 900 mg daily) on physical and respiratory health of long distance air travellers was tested in a Human Clinical Study.

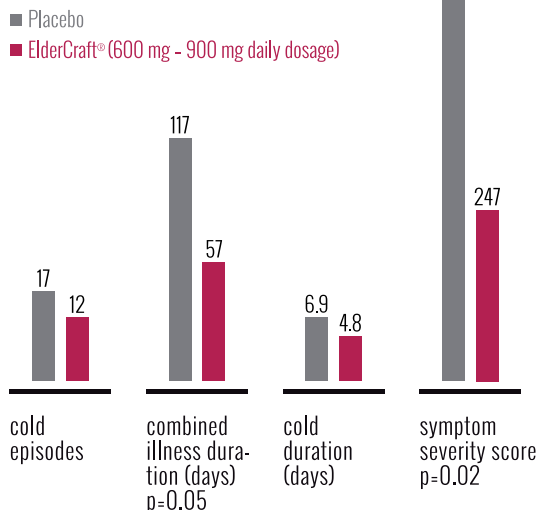
- Dosage of 90 mg - 135 mg ElderCraft®-Anthocyanins
- 312 economy class passengers
- Cold episodes, cold duration and symptoms recorded

STUDY RESULTS

- 50% less cold episodes with ElderCraft®
- 33% shorter illness duration
- 50% less symptoms
- 33% less sever symptoms



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