

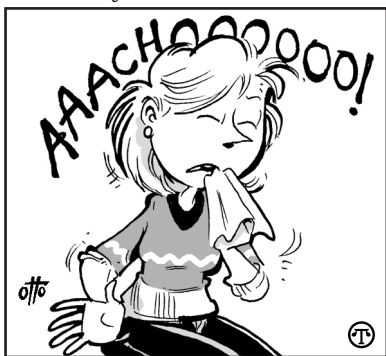
Healthy Habits

Boost Your Immune System

(NAPSA)—Those who strive to maintain their wellness year-round are savoring flavonoids, a group of substances found in many plants and plant-based foods. The reason? Flavonoids have shown antioxidant effects.

One product that contains very high levels of a key flavonoid, anthocyanin, is Sambucol, which is drug free and contains the extract black elderberry.

The impressive immune system-boosting properties of the elderberry have been mentioned



A key flavonoid in black elderberries helps the immune system.

by respected sources such as Dr. Andrew Weil on “Larry King Live” and Dr. Woodson Merrell being interviewed by Dr. Oz for Oprah, as well as recently on numerous news broadcast segments on network affiliate stations across the U.S.

The USDA’s database for the flavonoid content of selected foods shows that elderberries have more than three times the total flavonoids of wild blueberries and blackberries.

The immune boosting supplement Sambucol is also safe for children over 2 years old and can be taken daily. To learn more, visit sambucol.com.