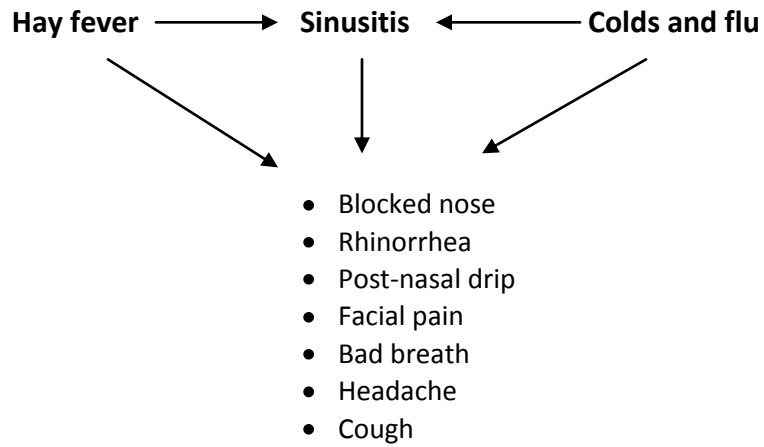


**Relief from the discomfort of**



**SinuSmart provides natural relief from the discomfort of upper respiratory tract symptoms**

- Non sedating
- Free from artificial flavours, preservatives, gluten, lactose and added yeast

# Elderberry

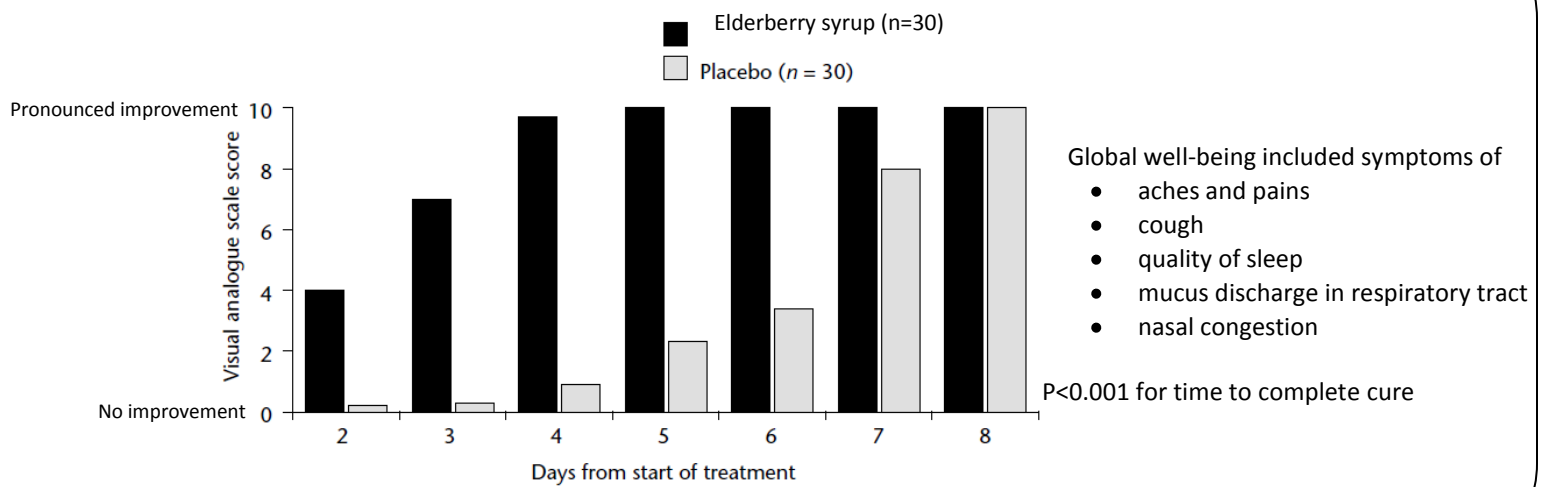
A rich source of flavanoids and anthocyanins

- Powerful antioxidant activity, among the highest of all small fruits<sup>1</sup>
- Antimutagenic activity<sup>1</sup>
- Antiviral activity<sup>2</sup>
- Stimulates the immune system by increasing inflammatory cytokine production<sup>2</sup>
- Anthocyanins have anti-inflammatory properties<sup>3</sup>

➔ Protects cells from damage due to free radicals, inflammation and infection

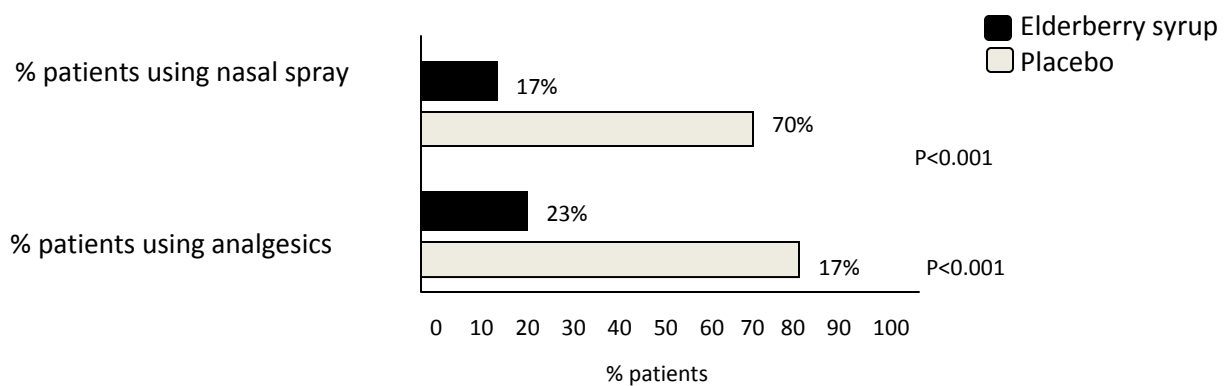
## Elderberry is clinically proven to relieve symptoms of respiratory tract infection

Change in self evaluation scores of global well-being in patients with Influenza<sup>3</sup>



Complete cure rate achieved in almost **90% of patients in only 2-3 days** vs. at least 6 days with placebo<sup>3</sup>

Patients on Elderberry use fewer additional medications<sup>3</sup>



## Vitamin B1, B6 & B12

Essential for healthy immune system, nervous system and metabolism

## Vitamin C, Selenium and Zinc

Powerful antioxidants to support a healthy immune system

## Cod liver oil

Rich source of vitamins A and D and Omega 3 unsaturated fatty acids

<i>Each capsule contains</i>	<i>per capsule</i>	<i>per 4 capsules</i>	<i>% RDA per 4 capsules</i>
<b>Elderberry extract (<i>Sambucus nigra</i>) equivalent to elderberry</b>	166.7 mg	667 mg	*
	3.33 g	13.3 g	*
<b>Vitamin A</b>	235 µg RE (783 IU)	941 µg RE (3132 IU)	94
<b>Vitamin D</b>	2 µg (78 IU)	8 µg (312 IU)	160
<b>Vitamin E</b>	2.2 mg α-TE (3.33 IU)	8.8 mg α-TE (13.3 IU)	88
<b>Vitamin C</b>	18.2 mg	72.8 mg	121
<b>Vitamin B1</b>	5.8 mg	23.2 mg	1657
<b>Vitamin B6</b>	5.5 mg	22 mg	1100
<b>Vitamin B12</b>	4.3 µg	17.2 µg	1720
<b>Zinc</b>	5 mg	20 mg	133
<b>Selenium</b>	8.3 µg	33.2 µg	*
<b>Cod liver oil, Typically providing</b>	200 mg	800 mg	*
<b>Vitamin A</b>	85 µg RE (283 IU)	340 µg RE (1132 IU)	34
<b>Vitamin D</b>	0.53 µg (21 IU)	2.12 µg (84 IU)	42
<b>Beta carotene</b>	0.2 mg	0.8 mg	*
<b>Lecithin</b>	20 mg	80 mg	*

\*RDA not established (RDA = Recommended Dietary Allowance for adults and children older than 10 years).

Daily maintenance dose : Take 1-2 capsules daily with meals.  
Intensive use: Take 2-4 capsules daily with meals.



1. Charlebois D. Elderberry as a medicinal plant. *Issues in new crops and new uses* 2007. J. Janik and A. Whipkey (eds.). ASHS Press, Alexandria, VA.
2. Barak V, Halperin T, Kalickman I. The effect of Sambucol, a black elderberry-based, natural product, on the production of human cytokines: I. Inflammatory cytokines. *Eur Cytokine Netw* 2001; **12**: 290-296.
3. Zakay-Rones Z, Thom E, Wollan T, Wadstein J. Randomized study of the efficacy and safety of oral elderberry extract in the treatment of Influenza A and B virus infections. *J Int Med Res* 2004; **32**: 132-140.

**Natrodale.** Restore your balance, naturally

Contact the Natrodale Helpline: 021-9060668; Email: [natrodale@vhf.co.za](mailto:natrodale@vhf.co.za) ; [www.natrodale.co.za](http://www.natrodale.co.za)