

# Elderberry Syrup

Source: "The Proper Way to Make Elderberry Syrup" The Franklin Institute of Wellness  
www.midwest-elderberry.coop/make-elderberry-syrup\_frank.pdf

*To make a proper batch of safe and effective elderberry syrup, you will need:*

100g (approx 3.5oz) dried elderberries or 2 cups fresh or frozen elderberries

1-2 quarts cold distilled water\*

1 1/2 cup thick, liquid sweetener such as brown rice syrup or honey

1. Combine the berries and water in a large (cold) saucepot. If time permits, allow the dried berries to soak until they are soft, about 30 – 60 minutes.
2. Place over medium heat and gradually bring to a boil.
3. Once a rolling boil has been reached, reduce heat to a simmer and continue to cook for 30- 45 minutes, stirring frequently.
4. Do not cover the pot during this phase. This process cannot be shortened as it is crucial for eliminating the cyanide-like toxin in the seeds.
5. Remove from heat and cool to room temperature.
6. Strain the concentrated extract and measure the liquid. It should be approximately 2 cups.\* (If you have less than 2 cups, water can be added to reach 2 cups.)
7. If you have more than two cups, continue boiling the mixture down. It is crucial to have a 2-cup measurement at this state to ensure accurate dosing.)
8. Combine with the cup and a half of honey, brown rice syrup, glycerin or simple sugar solution.
9. Bring back to a boil and continue to boil for 10-30 minutes until the mixture is thick.
10. Allow to cool slightly and pour into prepared bottles.
11. Label and store in the refrigerator.

\*Note: The previous version of this formula called for 1 quart of water to produce 2 cups of extract. Depending on altitude, humidity and other factors, that may not be enough to cook for the required duration without burning the berries. Adjust the initial water measurement as needed to ensure that the final result is 2 cups of extract per 100g berries after having been cooked for 30-45 minutes and thoroughly strained.

**Note from Alex of Arise Botanicals:** I appreciate the specificity of this recipe and would also add that Elderberry is culinary herb that allows for improvisation and experimentation in the kitchen. Have fun with it! My preferred preparation is a very strong concentration of the boiled elderberry combined with raw, local honey (which has it's own medicinal benefits) in a 2:1 combo (honey:elderberry extract). This is shelf stable for 1 month, but I recommend keeping it in the fridge for better preservation (up to a year). You can reduce the amount of honey to 1:1 ratio and store immediately in the fridge where it will still keep well for several weeks.

**How Much Elderberry Syrup Can I Take?** The average dose used in studies to treat viral infections is 15ml of a syrup with 38% elderberry, 4x a day for adults and the same amount at a 19% concentration for children. Commercial doses are often much less potent than those used in clinical studies. For the equivalent of a single dose of a commercially prepared product, the formula provided above produces 35 total doses. (To determine dosing, measure the total amount of product you have and divide by 35.) For active infections, an adult could take a full dose every 2-3 waking hours for up to 2-4 days. For prevention, such frequency is neither necessary nor recommended. General dosing is 1/35 of the formula 2-3 times a day for an adult. Children will need smaller doses, which are determined by age and weight.

NOTE: All of these doses are based on the assumption that the product has been prepared with sufficient heat to deactivate the toxic components. It is important to note that dosing for elderberry syrup is dependent upon the total concentration of elderberry extract in the syrup. Homemade products that do not adhere to specific formulas produce syrups with an unknown concentration of elderberry, making precise dosing impossible. This places both safety and efficacy at risk. Keep in mind that the half-life of the active components in elderberry treatments is only a couple of hours total, so frequent dosing is required. As a result, one dose per day will not be effective at either prevention or treatment. (Frank, et. al., 2007).

# Elderberry Syrup *à la* Arise Botanicals

## Ingredients:

32oz (1 quart) water  
1 cup dried or 2 cups fresh/frozen Elderberries  
¼ cup dried Elderflowers  
2 quarts honey

## Optional herbal additions:

Fresh ginger, Cinnamon, White Pine needles, Rosehips.  
Get creative with your favorite warming, aromatic ingredients.

1. If you're working with dried Elderberries, soak them for 30-60 minutes in cool water to re-hydrate.
2. Bring water to a boil and add Elderberries. Simmer on low heat, with no lid, for 30 minutes and stir occasionally.
3. If you are adding in Ginger, Cinnamon, Rosehips or other herbal additions of berries, roots, seeds, bark – add these in after simmering Elderberries for 30min. Cover with a lid and simmer on very low heat for 20min, stirring occasionally.
4. Remove pot from heat and add in Elderflower. Stir and cover with a lid. Allow to cool to room temperature.
5. If you are adding in Pine or other herbal additions of leaf and flowers, you can add these in with the Elderflower, stir and cover, cool to room room temperature.
6. Strain and press the concentrated herbal extract. You should have 3-4 cups total (depending if you've used fresh or dried Elderberry and rate of evaporation while cooking)
7. For each cup of strained herbal extract, measure out 2 cups of honey, a 2:1 ratio.
8. Combine honey and liquid herbal extract. Reheat on very low heat as needed to combine.
9. Bottle in clean glass jars and label with ingredients and date. Enjoy!

