

How To Safely Feed

ELDERBERRIES

To Children



Buy fresh or dried ripe elderberries from a trusted source.



Never eat raw elderberries; always cook for 20-30 minutes.

Avoid serving an excess amount of cooked elderberries.



Properly remove leaves and stalk before cooking.

Avoid using elderberry supplements or medicinal preparations without expert consultation.



Do not give your child elderberry products containing other herbs or vitamins.

