

# Does Elderberry Increase Risk Of Death With CoVID-19?

There are a few articles circulating around the natural-health blogosphere that warn of potential increased risk when consuming Elderberry to avoid or lessen the severity of the coronavirus.

*...elderberry also enhances cytokine response, which may not be so good when one of the complications of pandemic influenza is cytokine storm.*

*Vancouver Sun – 2010*

This concern comes from a 2001 study that concluded:

*Sambucol Elderberry Extract and its formulations activate the healthy immune system by increasing inflammatory cytokine production.*

*NCBI – 2001*

But a 2016 study showed Elderberry can inhibit cytokines in people who have a health issue where cytokines were not helpful to the overall situation.

*A natural preparation “Inflaminat” based on black elder berries (Sambucus nigra L.), violet tricolor herb (Viola tricolor L.) and calendula flowers (Calendula officinalis L.) possessing anti-cytokine activity was developed using the designed algorithm.*

*Science Direct – 2016*

Furthermore, cytokine storms are a consequence of severe infections. A cytokine storm will happen when someone is

severely ill with any influenza or any Coronavirus. At this point, when someone is dealing with a cytokine storm, the person should be hooked up to a ventilator.

## **Conclusion – Is Elderberry Safe with Coronavirus?**

Elderberry, as a preventative tonic, without any added sugars, is perfectly safe to consume if someone is trying to avoid or lessen the severity of a virus, including coronavirus. Elderberry seems to suppress viruses and may reduce inflammation. Also, check out other supplements to defend against coronavirus.