

# Monk Elderberry



Hi everyone! My name is Alyssa Monk. My fiancé is Ryan and we are both originally from San Diego, CA. We have two daughters, Skylar in Class Bayne, and Elliott (Ellie) who is still at home with me. We are so thankful to have found WSL and would love to give back to this wonderful community.

Elderberry syrup has been a staple in our home for many years now. When friends or family come down sick, it's always brought me so much joy to drop a jar to their doorstep. We use it daily as an immune booster to prevent sickness in our home, and keep us feeling all around healthy.

## **Elderberry has been proven to:**

- Support the Immune System
- Reduce Inflammation
- Boost Kidney & Urinary Health
- Provide Resistance to Free Radicals
- Help Lower Blood Glucose
- Protect Against Heart Disease

## **Elderberry is packed with:**

- Vitamin C
- Calcium
- Dietary Fiber
- Antioxidants in the form Phenolic acids, Flavonoids and Anthocyanins.

In addition to the main ingredient, I love to include two other herbs as well for their incredible healing benefits.



**Echinacea is loaded with:**

- Antioxidants such as flavonoids, cichoric acid and rosmarinic acid
  - Vitamin C
  - Beta- carotene
  - Selenium
  - Zinc

**Rosehips are rich in:**

- Vitamin C
- Vitamin E
- Polyphenols
- Carotenoids

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**Monk Elderberry ingredients used include:**

Elderberry  
Echinacea  
Rosehips  
Cinnamon  
Ginger  
Clove

Honey  
*OR*  
Agave

**Syrup can be picked up on Mondays (anytime after 8:30 AM) in the WSL Lobby for families who submit + pay for their order by the preceding Friday (9:00 PM).**

**Alyssa Monk will send all families a confirmation email prior to delivery.**

The 16oz jar is \$25.00

The 8oz jar is \$16.00

Please [CLICK HERE](#) to submit your order today!