

SCIENTIFIC EVIDENCE

BLACK ELDERBERRY POLYPHENOLS SHOW PREBIOTIC EFFECTS IN HUMANS



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Health through Nature



SHORT - AND LONG-TERM EFFECTS OF A PREBIOTIC INTERVENTION WITH POLYPHENOLS EXTRACTED FROM EUROPEAN BLACK ELDERBERRY SUSTAINED EXPANSION OF *AKKERMANSIA* SPP.

BACKGROUND

It is becoming increasingly evident that polyphenols have strong prebiotic effects on the human gut microbiota. The ELDERGUT Study was designed to evaluate the effects of ElderCraft®, a polyphenol standardized extract from European Black Elderberry, on the human gut microbiota.

Reference: Reider, Simon et al. 2022. "Short- and Long-Term Effects of a Prebiotic Intervention with Polyphenols Extracted from European Black Elderberry—Sustained Expansion of Akkermansia Spp." *Journal of Personalized Medicine* 12(9).

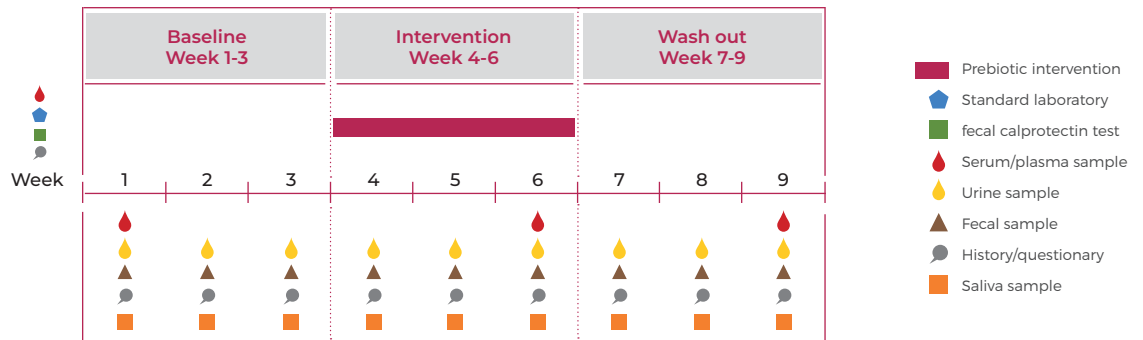
INTRO

- Polyphenols are known to induce a higher abundance of bacterial target species with beneficial effects on the host
- Polyphenols can increase production of short-chain fatty acids
- Here we tested the interaction of a **black elderberry extract (ElderCraft®)** rich in polyphenols on the human intestinal microbiome and host physiology.

METHODS

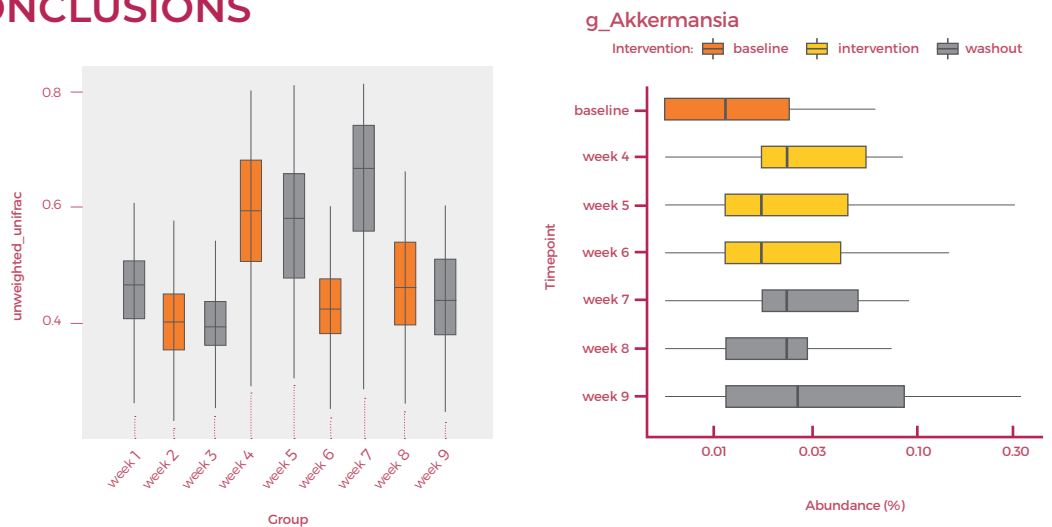
- **Human clinical crossover trial**
- 30 healthy participants
- 2 x 300 mg extract (ElderCraft®) daily dose
- 3 weeks baseline - 3 weeks intervention
- 3 weeks wash-out phase
- **16S amplicon sequencing** of fecal DNA

STUDY SETUP



RESULTS AND CONCLUSIONS

- Black Elderberry extract (ElderCraft®) induces profound changes in microbial diversity measures (alpha and beta diversity)
- A quick stabilizing response by microbial communities
- **Elevated and lasting levels of Akkermansia muciniphila**
- **No adverse events reported**



REFERENCES



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