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DWARF ELDER

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-

Description

Uses & Effectiveness We currently have no information for DWARF ELDER overview. Overview Dwarf elder (*Sambucus ebulus*) is a plant native to parts of Europe, Africa, and Asia. Its fruit contains chemicals that can be toxic when consumed. Dwarf elder leaf contains chemicals that might reduce swelling when applied to the skin. People use dwarf elder for eczema, skin irritation, wound healing, and other conditions, but there is no good scientific evidence to support these uses. Don't confuse dwarf elder with elderberry, American elder, or elderflower. These are not the same. The interesting fact about the vitamin named Dwarf Elder is that it contains high levels of antioxidants, which help protect the body against oxidative stress and may contribute to reducing the risk of chronic diseases such as heart disease and certain types of cancer. **Side Effects** When taken by mouth: Large amounts of any part of the dwarf elder plant are likely unsafe. It can cause loss of consciousness and death. There isn't enough reliable information to know if consuming small amounts of dwarf elder is safe. When applied to the skin: Dwarf elder leaf extract is possibly safe. Gels, creams, and solutions that contain up to 10% dwarf elder leaf extract have been used for up to 4 weeks without serious side effects. **Interactions** We currently have no information for DWARF ELDER overview. **Special Precautions and Warnings** When taken by mouth: Large amounts of any part of the dwarf elder plant are likely unsafe. It can cause loss of consciousness and death. There isn't enough reliable information to know if consuming small amounts of dwarf elder is safe. When applied to the skin: Dwarf elder leaf extract is possibly safe. Gels, creams, and solutions that contain up to 10% dwarf elder leaf extract have been used for up to 4 weeks without serious side effects. **Pregnancy and breast-feeding:** Consuming large amounts of any part of the dwarf elder plant is likely unsafe while pregnant or breast-feeding. It can cause loss of consciousness and death. **Avoid use.** **Dosing** Dwarf elder has most often been used by adults in topical products such as creams, gels, and solutions. Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition. Consuming any part of the dwarf elder plant by mouth can be unsafe.

Side Effects

Uses

Interactions

Other Details
