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Elderberry

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Elderberry - *Sambucus cerulea* (blue berry) and *Sambucus racemosa* (red berry): A deciduous shrub or small tree with oblong leaves. The red or blue berries grow in clusters and have 3-5 smooth seeds. The **cooked berries** are considered edible and are used for jams and jellies.

Is it toxic? The uncooked berries, leaves, twigs and seeds contain a cyanogenic compound. Ingestion may cause nausea, vomiting and diarrhea. Large amounts may cause lethargy, dizziness and drowsiness. Toxicity is not expected with ingestion of the **cooked berries**.

Health Effects:

Ingestion: Nausea, vomiting and diarrhea may occur. Ingestion of large amounts may cause weakness and dizziness. Poisoning is not expected with ingestion of the **cooked berries**.

What to do?

Ingestion: Drink a glass of water or milk. **If vomiting or diarrhea occurs, ensure a good fluid replacement. Contact the Poison Control Centre.**

How can I prevent exposure? Cook berries thoroughly and strain out seeds before eating. Know the name of the plants and berries in your yard.

Need more information: Call the Poison Control Centre.

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plants: cyanogenic glycoside

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