

SCHISANDRA

Schisandra (*Schisandra chinensis*) is a fruit-bearing vine native to East Asia, particularly China and Russia. Schisandra berries are small, red berries that grow in clusters on a vine. They have a distinctive tart and slightly sweet flavor with hints of bitterness and spiciness. For that reason, they are often referred to as the “five-flavor berry.” The berries are typically harvested when ripe and can be consumed fresh, dried, or processed into various herbal preparations, including teas, tinctures, extracts, and powders.

Schisandra is known to have multiple healing properties and has been used in Traditional Chinese Medicine (TCM) for hundreds of years. Primarily known for enhancing liver function and supporting the adrenal glands, Schisandra can also increase resistance to stress and disease, boost energy, and improve physical performance and endurance.

Schisandra contains dibenzocyclooctadiene lignans (deoxyschisandrin, gomisin N, gomisin A, schisandrin, and wuweizisu) and other

bioactive substances. These constituents work synergistically to provide the plant’s medicinal properties, including its adaptogenic, liver-protective, antioxidant, and potentially other health-promoting effects.

Schisandra has been shown in scientific studies to:

- Provide antioxidant and anti-inflammatory activity
- Support normal memory and brain function
- Promote healthy energy levels and stamina
- Support balance within the female hormonal system

SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	5	
Organic Schisandra (<i>Schisandra chinensis</i>) 1:2 Extract from 1.25 g Berry	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Purified Water, Pure Alcohol (45-55% by volume)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.



THE
WELLNESS
WAY

thewellnessway.com