

Schisandra

Schisandra chinensis (Turcz.) Baill.

Fluid extract standardized to contain min. 0.10% schisandrin.

Schisandra is a perennial deciduous vine, native to the forests of Northeastern China and Korea. The Chinese name is Wu-Wei-Zi, since its berries possess the five basic flavors, according to the Five Elements Theory.

The active components of Schisandra fruit consist of volatile oil, lignans (schisandrin), phytosterols, and organic acids.

Schisandra has been used for thousands of years in the TCM (Traditional Chinese Medicine), as a warming herb to boost the Qi, which means as an adaptogen, tonic, and liver protector; it has also been used to relieve the symptoms of chronic cough and asthma. Animal and *in vitro* studies support the use of Schisandra as a potent antioxidant and anti-inflammatory, especially in hepatoprotection, while clinical studies confirmed its beneficial effect in improving both physical and mental performance.

Schisandra is regarded as a safe drug; rare side effects may include appetite suppression, stomach upset, and urticaria.

The suggested dose is 1.5-3.0 ml twice daily

(five times less than a "traditional fluid extract" DER=1:1)



Part of plant: whole, dried, ripe fruit