

SCHISANDRA

What is SCHISANDRA?

Schisandra is a perennial vine that bears red fruit which is used in herbal medicine. Its Chinese name, Wu Wei Zi, translates as “Five Flavors Fruit” because it is sweet, sour, bitter, pungent and salty. Schisandra’s primary active constituents are schisandrins and shisantherins. Schisandra also contains vitamins C and E, citral and citric acid. Schisandra is used to build the entire system and helps enhance mental and physical activity. *

What are the benefits?

Schisandra is renowned as a beauty tonic and has been used for centuries to make the skin soft, moist and radiant. It is considered to be a youth preserver and powerful sexual tonic for both men and women. It relieves sexual fatigue and is famous for increasing the sexual staying power in men. Schisandra is mildly calming and has pain-relieving properties; it is used in weight loss and sports endurance formulas; it works to support sugar regulation and liver function and strength; it purifies the blood, sharpens the mind, improves memory, rejuvenates the kidney energy (especially the sexual energy and functions in both men and women) and causes the skin to become soft, moist and radiant. Schisandra helps to correct skin problems through better digestion of fatty foods. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Protection for the skin against the damaging effects of sun and wind***
- **Mildly calming with pain relieving properties***
- **Improves concentration, memory and focus***
- **Helps to improve vision and hearing***
- **Helps to cleanse the liver and kidneys and purifies the blood***
- **Enhances mental and physical activity***
- **Increases sexual energy and functions in both men and women***
- **Supports a worry-free mind with centered emotions***

Supporting Research:

Bensky D, Gamble A. *Chinese Herbal Medicine Materia Medica*; 1993; Eastland Press, pgs 376-378, 542

Frawley D. *Ayurvedic Healing. A Comprehensive Guide*. 1992; pp 106, 150, 168, 190, 228, 252, 339

Herb Monograph American Herbal Pharmacopoeia: Schisandra Berries More Than a Liver Aid; *Nutrition Science News*; January, 2001; Vol 6, No 1

Rector-Page LG. *Healthy Healing – An Alternative Healing Reference*; 1994; pg 95; published by Healthy Healing Publications

Teeguarden R. *Chinese Tonic Herbs*. 1994; pp 77, 94-96, 141, 160

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.