



INTEGRITY EXTRACTS™ SCHISANDRA

Common Name

Standardized: Schisandra

Other: Schizandra

Botanical Name

Schisandra chinensis (Turcz.) Bail.

Plant Family: *Schisandraceae*

Parts Used

Whole fruit including the seed

Overview

Schisandra is a berry from the magnolia vine. Unlike other berries, schisandra is a medicinal berry that is not sweet and is full of hard-to-digest compounds; therefore, it is not eaten in its fresh or dried form like golden berries or goji berries. Schisandra is traditionally left to soak, then strained, decocted and consumed as a tea. Schisandra is a highly ranked adaptogenic herb revered for its revitalizing and rejuvenating properties. This adaptogen has a long history of use in traditional Russian folk medicine as well as in traditional Chinese medicine (TCM). It is native to Russia and northern China but can be cultivated in USDA Plant Hardiness Zones 4–8.

Known as the five-taste fruit (wu wei zi) in TCM, schisandra was traditionally used to stabilize and hold in the primary energies of the body, strengthen the breath, and sharpen the mind. Schisandra was highly revered by Taoists who regarded it as the “quintessence of Chinese tonic herbs.” Schisandra is considered both a yin and a yang tonic and due to its great Chinese reputation as a youth preserver, beauty aide, and powerful sexual tonic it was a highly fancied in ancient times by the royal court and the wealthy upper middle class, especially the women.¹

History and Folklore

The local indigenous people of the Russian Far East region, the Nanai people, used schisandra berries as a folk tonic to improve their vision while night hunting as well as to ward off hunger, thirst, and exhaustion from all-day hunts.⁴

Schisandra’s use can be seen throughout ancient Chinese history and dates back some 2,000 years B.C. Used chiefly by Chinese royalty and astute herbalists, the focus back then was its use as a purported aphrodisiac and sexual tonic. Its other main uses were around the focus on beauty and longevity as schisandra was often pictured in ancient art as a symbol of immortality.

Schisandra is one of the first plant adaptogens to ever be studied, and the Russians have published dozens of scientific articles elucidating its pharmacological properties. Schisandra proved fruitful in studies conducted on Russian soldiers in WWII as the soldiers needed an herbal aid that could help them be more resilient to the effects of physical fatigue, mental and emotional exhaustion, spiritual misalignment, and consequently shell shock (now known as PTSD (Post Traumatic Stress Disorder)).

Flavor Notes and Energetics

Schisandra is both warm and dry *and* cooling and moistening as it is an amphoteric herb (partly one and partly the other). The energetic properties of schisandra are considered to be balanced due to it possessing all five tastes.² Depending on a person’s constitution, schisandra will express its energetics as needed (e.g., one person may need energy, another stress relief). Channels of entry are lungs, kidneys, heart, and liver.³ Functions include astringent,

calming, fortifying qi and kidneys, engendering fluids, securing the exterior, clearing deficiency fire, and relieving coughs.³ Although its most predominant taste is sour, this berry is one of the few herbs that includes the properties of all five tastes: bitter, spicy/pungent, salty, sour, and sweet.

Each flavor is considered to act on and nurture each of the five elements which relate to the body's corresponding organs:

- Bitter→Fire→Heart
- Spicy/Pungent→Metal→Lung
- Salty→Water→Kidney
- Sour→Wood→Liver
- Sweet→Earth→Spleen/Pancreas

In TCM, schisandra is said to enter all twelve meridians² and to tonify all Three Treasures, Jing, Qi, and Shen. Schisandra was traditionally used to calm the heart (irritability) and quiet the spirit (dream-disturbed sleep).¹

Pharmacological Properties

Schisandra contains many bioactive phytochemicals, including lignans, triterpenes, phenolic acids, flavonoids, essential oils, and polysaccharides. Schisandra's lignans (i.e., schizandrin and gamma-schizandrin) constitute the main secondary metabolites. The berries contain large quantities of organic acids (citric, malic, and tartaric) as well. These bioactive constituents have been studied for their pharmacological influence on the general well-being of the body,⁵ the stress response system,⁶ liver detoxifying activity,^{7,8} antioxidant activity,⁹ the CNS (central nervous system),¹⁰ the endocrine system,¹¹ the immune system,¹² the gastrointestinal system,¹³ and the cardiovascular system.

In the Russian Pharmacopeia, schisandra is classified as an adaptogenic herb. Phytotherapy is an official and separate branch of medicine in Russia; thus, herbal medicinal preparations are considered official medicaments.¹⁵ An overview of the Russian research reveals that experimental "pharmacological studies have shown that schisandra increases physical working capacity and affords a stress-protective effect against a broad spectrum of harmful factors."⁴

In TCM, the fruit is considered a kidney-lung tonic and is known to increase vitality, strength, endurance, and energy.¹⁶
¹⁴ In *already* healthy subjects, schisandra has been shown to increase endurance and accuracy of movement, mental performance and working capacity and generate alterations in the basal levels of nitric oxide and cortisol in blood and saliva with subsequent effects on the blood cells, vessels, and central nervous system (CNS).⁴

Cultivation and Harvesting

Grown and Harvested in the U.S.A.: Integrity Extracts™ Schisandra is organically grown in the U.S, sourced from a small-scale farm on the East Coast (Massachusetts). The owner of the farm began growing schisandra as homage to his favorite ancient Chinese proverb, "food is medicine and medicine is food."

The farm growing the berries practices soil remineralization. As an alternative to conventional agricultural practices that use poisonous pesticides, our schisandra is grown using organic methods that nourish and build the soil with compost and rock dust. These practices are critical in the cultivation of quality schisandra berries and essential for the health and vitality of the whole ecosystem of the planet. The word *eco* comes from the ancient Greek word "oikos" and is the equivalent to the word "house or household." After all, we are but mere visitors in this "house" and like any visitor conducting ourselves in a manner which will get us invited back to the "house" is a good way to live. Ultimately, we all belong to the same "household."

Dedicated to delivering the freshest schisandra, the farmers hand pick the berries when they are fully ripe and immediately freeze them. The berries are then processed into a 5-to-1 freeze-dried extract (cold extraction process) with the final product still containing all the active nutrients from the whole fruit (seed and pulp). This preserves the integrity of the plant and its unique energetic signatures.

Uses and Preparations

Integrity Extracts Schisandra is a potent extract, meaning it is ready to use without the need for further extraction or decoction. Schisandra makes a delicious warm/hot tea and can be sweetened, if desired. Schisandra can also be added to fermented beverages like kombucha, jun, or water kefir. Although schisandra can be consumed on its own, in TCM, it is most often blended with other tonic herbs such as reishi or goji. Our schisandra pairs brilliantly with Truly Natural™ Vitamin C. Try mixing it into chilled, naturally structured water and sweeten to taste to create a “lemonade” of sorts.

Precautions

Consult a qualified health care practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

Schisandra is contraindicated in excess interior and exterior heat patterns and in the early stages of cough and rashes and is reportedly incompatible with the Chinese herb *Polygonum odoratum* (yu zhu).³

VeganCaps™

Supplement Facts	
Serving Size: 1 VeganCap™ (0.5g)	
Amount Per Serving	
Schisandra Berry Extract 5:1∅∞ (<i>Schisandra chinensis</i>)	500mg*
* Daily Value not established.	

∅Organic ∞TruGanic™
Other ingredients: VeganCaps∞
(fermented tapioca) – no flow agents

Powder

Supplement Facts	
Serving Size: 1/4 tsp (0.65g)	
Amount Per Serving	
Schisandra Berry Extract 5:1∅∞ (<i>Schisandra chinensis</i>)	650mg*
* Daily Value not established.	

∅Organic ∞TruGanic™

Suggested Use:

Take 1/4 to 1 teaspoon powder or 1 to 4 VeganCaps™ per day, or as advised by a qualified health care professional. Consume with conscious, positive intent.

Suggested Adjuncts:

A whole food, organic diet with emphasis on high-water-content fresh raw/live foods and cultured vegetables; healthy fats, naturally structured water, Vitamineral Green™ and Vitamineral Earth™, Liver Rescue™, Truly Natural™ Vitamin C, Integrity Extracts™ Reishi, Turmeric Alchemy™ Adaptogen Tonic, Cacao Alchemy™ Adaptogen Tonic, CircuForce™, exercise (try rebounding and dancing), fresh air (get lots of plants), Earthing, plenty of safe sun exposure, adequate sleep/rest in a low-EMF environment, breathing and quieting the mind, being heart-centered, and everything else that brings joy.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

“Mother Nature has put miraculous healing plants on this Earth for us to benefit from. I am honored and deeply driven to uncover the greatest potential benefits from these elements, and to assemble these gifts from nature into products that help people to heal and to realize their full potential.”

Dr. Jameth Sheridan – Naturopath and Hard-Core Herbal Medicine Researcher

CITATIONS

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Additional Resources

Schisandra

<https://www.herbrally.com/monographs/schisandra>

Monograph of Schisandra (Schisandraceae)

https://www.researchgate.net/publication/230859535_Monograph_of_Schisandra_Schisandraceae

Schisandra Berry

<https://www.altcancer.net/phyto/schizandra.htm>

Schisandra chinensis

<https://thenaturopathicherbalist.com/herbs/r-s/schisandra-chinensis/>

Schisandra (Wu Wei Zi)

<https://www.whiterabbitinstituteofhealing.com/herbs/schisandra/>