

Product Profile

SCHISANDRA (Wu-Wei-Zi)

Schisandra chinensis

Liquid extract of dried ripe berry.

Actions: Nutritive. Antioxidant. Adaptogen. Astringent. Expectorant and antitussive. Detoxifies, protects, and regenerates the liver. Promotes production of body fluid. Allays spontaneous sweating. Calming sedative. Antagonizes stimulant effect of caffeine.

Uses: Support of healthy liver function, and treatment of hepatitis. Stomach and intestinal inflammation, chronic diarrhea and dysentery. Night sweats and other spontaneous perspiration. Neurasthenia (nervous exhaustion), and sleeplessness. Colds and flu. Dry coughs, weak lungs and asthma. To enhance physical performance in work and athletics. Dryness and thirst caused by fever.

In Traditional Chinese Medicine Schisandra is said to nourish and tonify the kidneys, to replenish the body fluids, and to support the eyes.

Dose: Take 30 to 40 drops, 2 to 4 times per day.

Cautions: None known.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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