

Schisandra Berries

The Five-Flavor Adaptogen for Energy, Endurance, and Calm

What is Schisandra?

Schisandra (*Schisandra chinensis*) is a fruiting vine native to East Asia, valued for over 2,000 years in Traditional Chinese and Russian herbal medicine. Known as the “five-flavor berry” (sweet, sour, salty, bitter, pungent), it is one of the rare adaptogens used to enhance both mental and physical performance.

Adaptogen Benefits

Schisandra supports the **Hypothalamus-Pituitary-Adrenal (HPA) axis**, the body’s central stress-regulation system.

- **Steady Energy** → Reduces fatigue and boosts endurance without overstimulation.
 - **Balanced Mood** → Helps smooth stress response and supports emotional stability.
 - **Mental Clarity** → Enhances focus and concentration during demanding tasks.
 - **Liver & Lung Support** → Promotes detoxification and oxygen efficiency.
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Ways to Enjoy Schisandra Berries

1. Dry Form Snack

- Eat a few dried berries occasionally.
- Tangy, complex flavor — energizing and stimulating to the senses.

2. Decoction (Simmered Tea)

- Add **1-2 tablespoons** dried berries to **600-650 ml** water (to allow for evaporation).
- Simmer gently **15-20 minutes**, strain, and enjoy warm or chilled.
- Can be blended with goji berries, licorice root, or ginger for flavor and synergy.

3. Pressure-Cooked Decoction

- Add **1-2 tablespoons** dried berries to **550-600 ml** water in a pressure cooker.
- Cook at high pressure for **5-7 minutes**, then allow natural release.

- Produces a stronger, fuller-flavored tonic in less time.

4. Overnight Infusion

- Add **1 tablespoon** dried berries to a thermos or jar.
 - Pour over hot water, seal, and steep overnight for a milder tonic.
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Taste Profile

A unique mix of sweet, sour, salty, bitter, and pungent — harmonizing and refreshing.

Usage Notes

- Best taken earlier in the day for sustained energy.
 - Suitable for long-term use in moderate amounts.
 - Avoid during pregnancy unless guided by a qualified herbalist.
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□ **For natural vitality, balanced mood, and resilient energy — discover the five flavors of Schisandra.**