



Schisandra chinensis

Though we can't be positive, we believe that Heron Botanicals was the first company and still one of the only ones to offer a glycerite of schisandra. This wonderfully sour product is a flavorful addition to many formulas. It works as an adaptogen and supports normal liver function without any known adverse effects.

Our schisandra products are made from dried fruits come from China and are all tested to insure they are not contaminated with heavy metals by a third-party lab. We are currently supporting efforts to cultivate schisandra in the US to develop a more ecological, regional supply of this valuable herb.

In making our schisandra products, we first decoct the fruit with water in accordance with traditional Chinese medicine. Then we add the alcohol and/or glycerin and let it sit for a day or two before pressing out the final product. Thus, these should probably best be viewed as decoctions preserved using glycerin or low amounts of alcohol (30% in the case of the tincture).

There is presently no clear difference between the tincture and glycerite in terms of activity, potency, or safety. The lignan glycosides are apparently water-soluble based on traditional Chinese extraction processes (decoction), which we are mimicking as stated above.

Adult Dose: 3-5 ml three times per day

Selected Research Citations

Ahamada F, Hermosilla J, Hola R, et al. (1989) "Studies on the effect of *Schizandra chinensis* extract on horses submitted to exercise and maximum effort" *Phytother Res* 3:175-9

Hikino H, Kiso Y, Taguchi H, Ikeya Y (1984) "Antihepatotoxic actions of lignoids from *Schisandra chinensis* fruits" *Planta Med* 50:213-8

Nomura M, Nakachiyama M, Hida T, et al. (1994) "Gomisin A, a lignan component of *Schisandra* [sic] fruits, inhibits development of preneoplastic lesions in rat liver by 3'-methyl-4-dimethylamino-azobenzene" *Cancer Lett* 76:11-18

			Price			
Product	Item Number	Cost Code	4 oz	8 oz	16 oz	32 oz
Glycerite	0380	G	\$21.03	\$40.80	\$75.71	\$134.59
Tincture	1150	D	\$17.47	\$33.89	\$62.89	\$111.81

Prices subject to change without notice.

Last updated 30 May 2006.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any illness.