

Schizandra Berry

Botanical Name: *Schisandra chinensis*

Family: Schisandraceae

Energetics: Warming, adaptogenic

Taste: Sour, sweet, salty, bitter, pungent (all five flavors)

Actions: Adaptogen, hepatoprotective, nervine, tonic, anti-inflammatory

Overview

Schizandra Berry is traditionally used as an adaptogen to enhance stress resilience, support liver function, and boost overall vitality. Its unique five-flavor profile makes it a versatile herb in herbal medicine.

Uses

Internal Uses

- Enhances stress resilience and adaptogenic support
- Supports liver and kidney health
- Mild nervous system tonic
- Anti-inflammatory and general vitality support

External Uses

- Rarely used externally; sometimes in infused oils for skin toning

Medication Interactions

- May interact with anticoagulants
- May enhance sedative or stimulant medications

Contraindications

- Pregnancy: avoid
- Children: not recommended without guidance
- Allergy to Schisandraceae family

Caution & Safety

- Moderate doses recommended
- Avoid excessive stimulation
- Monitor for digestive upset

Herbal Pairings

Blends Well With

- Rhodiola (adaptogenic synergy)
- Ginseng (vitality support)
- Lemon Balm (mild calming effect)

Avoid Combining With

- Stimulant or sedative medications without supervision

Possible Side Effects

- Mild digestive upset
- Insomnia if taken late in day
- Rare allergic reactions

Forms & Dosage

Tea / Decoction

- 1–2 tsp dried berries per cup water
- Simmer 10 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- Follow manufacturer instructions (commonly 500 mg daily)



Schizandra Berry is a warming adaptogen ideal for stress resilience, liver support, and overall vitality. Best used in teas, tinctures, or powdered forms.

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