

# Dried Schisandra Berries

*Five-flavour berries traditionally used for adaptogenic wellness and resilience.*

**Official Botanical Name:** *Schisandra chinensis*

**Brief Description:** Schisandra berries are prized in traditional Chinese herbalism for adaptogenic support, resilience, and balancing wellness routines.

## Benefits

- Traditionally used for adaptogenic support
- Supports stress resilience routines
- Unique five-flavour berry profile
- Popular in vitality-focused wellness blends
- Rich in antioxidant compounds

## Ways to Use

- Tea or decoction
- Adaptogenic blends
- Tinctures
- Smoothie powders
- Wellness tonics

## Instructions

- Steep or simmer berries for 15–20 minutes.
- Can be blended with reishi or tulsī.
- Store tightly sealed away from moisture.

**Suggested Adult Use:** 1 cup tea daily as desired.

**Medication Warnings & Safety Notes:** Use caution with pregnancy, breastfeeding, epilepsy, liver medication, GERD, or medications processed by the liver.

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Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.