PERFECT HERBS

Herb Monograph Latin Name: Schisandra sinensis

Common Name: Schisandra Berry, Wu Wei Zi

Primary Action	adaptogen
Secondary Actions	alterative, astringent, hepatoprotective
System Affinities	endocrine, hepatic, renal
Conditions Treated	depression, fatigue, female hormone imbalances
Constituents	flavonoids, lignans, schisandrin
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	3 g to 6 g
Parts Used	berry
Can Be Substituted With	N/A
Pairs Well With	Paeonia lactiflora (alba) in female hormone patterns in need of tonification and rooting, where there are unprocessed emotions of sadness and poorly defined boundaries and Ephedra sinica in chronic deficient cough with thin clear mucus and Silybum marianum and Bupleurum sinensis in hepatoprotective formulas for ongoing toxic exposure or hepatitis

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