

# SCHISANDRA ADRENAL COMPLEX™

*Ancient Formula for Optimal Performance*

- Increases stamina and endurance
- Enhances recovery from exhaustion
- Supports liver and kidney function

Many of us are on the go: we push ourselves, skip meals, don't get enough sleep. We're too busy to take time to think about the toll this is taking on our bodies.

Ever since the dawn of life on Earth, species survived and thrived only if they were able to adapt to changes and stresses in their environments. Whether those changes were physical, social, even environmental, animals, including humans, who could adapt were those that survived. Many of those resourceful humans found survival help from plants. For thousands of years, particularly in ancient China, certain plants have attained almost mythical status for helping humans adapt to physical and psychological stress. These plants are total body defenders—herbs that strengthen the whole body and restore strength. They have been called rejuvenating herbs, qi tonics,

longevity tonics, and restoratives. In the West, they're called adaptogens and they have been receiving serious attention from modern researchers for decades. Schisandra is one of these.

Schisandra (*Schisandra chinensis*) is a small red berry native to Northern China and Russia. It is not only a world-renowned adaptogen, but it is used to support liver, kidney and adrenal health. It is one of the most treasured plants in China and one of the most researched adaptogens in the world. It is a plant that increases stamina and endurance while helping the body recover from exhaustion, overwork and excessive stress.



**PLANETARY®**  
HERBALS

Expert Formulations – *Exceptional Results*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**P**lanetary Herbals SCHISANDRA ADRENAL COMPLEX is a natural way of recovering from lifestyle and environmental stress—specifically helping the liver and adrenal glands function optimally, while at the same time, strengthening and energizing the rest of the body.

## Promoting Endurance with Schisandra

Schisandra operates on what is known as the hypothalamic-pituitary-adrenal axis, a part of the stress system that is believed to play a primary role in the reactions of the body to repeated stressors. In recent studies, schisandra was found to improve recovery after stress; it improved mental and physical performance and learning efficacy after stress tests were administered. It has also been shown to increase resistance to heat stress while reducing heart rate, respiratory frequency and lactic acid levels after stress tests. It is a perfect supplement to help us get through the stressors of daily deadlines and tensions.

Studies have shown that schisandra increases recovery after exertion. This is the key measure of physical conditioning making SCHISANDRA ADRENAL COMPLEX an ideal adjunct for body building, optimizing athletic performance, and promoting endurance.

## Schisandra: Adaptogen from China

Adaptogens are a key class of substances that have been shown to increase the body's resistance to many of the body's daily challenges. They are known to help the body adapt to stress or change.

The genus schisandra consists of 25 species, part of the magnoliaceae family. It is a perennial vine capable of growing up to 25 feet and bearing grapelike bunches of small red fruits. It has been described as having sweet skin, sour and salty pulp and bitter, pungent seeds. The berries are used to make jellies, jams and teas.

## Chinese Herbal Classic for Vitality

SCHISANDRA ADRENAL COMPLEX is based on one of the oldest classic adaptogenic tonifiers of Chinese herbalism *Wu Wei Zi Wan*, which literally means Five Flavored Seed Pill and in addition to schisandra, contains five other fruits and seeds; dodder, plantain, lycium (goji), raspberry, and Asiatic dogwood. Except for goji (*Lycium*

*chinensis*), these are almost unknown in the West. In China, however, they are regarded as precious tonics and have a long history of traditional use by ancient herbalists. The seeds and fruits of a plant are said to contain the essence of the plant. It is this essence that Chinese scholars say replenishes the essence we lose through excessive work and stress and can help in restoring vitality.

Recovering and replenishing our adrenals from stress while caring for physical health is critical to a healthy life and healthy aging. Planetary Herbals SCHISANDRA ADRENAL COMPLEX is an easy and safe way to bring a potent support to body systems that are typically worn out of balance by our modern environment and lifestyles.

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit <http://www.planetaryherbals.com>

## References

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*Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association*

