

Schisandra Fruit

- **Constituents:**

â-chamigerene, â-chamigerene, chamigeral, camphene, deoxyschisandrin, schisantherin A, schisantherin B, schisandrin, quinic acid, protocatechuic acid, 2-methyl citrate, zingerone glucoside, thymoquinol 2-glucoside, etc.
- **Pharmacology:**
 - Prevent liver damage^(1 - 5)
 - Anti-oxidant, anti-aging^(2, 6 - 9, 21)
 - Enhance metabolism^(10 - 11)
 - Calming central nervous system, enhance endurance, vision, concentration, etc.^(12 - 13)
 - Adjust blood pressure, enlarge coronary arteries, improve respiratory functions^(14 - 16)
 - Prolong survival in extreme environments^(17 - 19)
 - Slow down rate of the heart beat to relieve cardialgia and high blood pressure⁽²⁰⁾
- **Clinical applications:**
 - Hot flashes⁽²²⁾
 - Neuradynamia⁽²³⁾
 - Chronic hepatitis
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