



Wild about Schizandra:
Ron and Yanlin Teeguarden were all smiles after finding some fresh branches of wild Schizandra fruits in the forest of Changbai Mountain. Winter of 1996.



I started taking Goji & Schizandra™ a few months after I had my baby, and it was an amazing help to my body, mind and spirit. As all new mothers will tell you, you don't get any sleep with a new baby, and it can be a very overwhelming time. When I started taking Goji & Schizandra, I began to notice a significant difference in my mood, energy and focus. First, it helped me sleep better. Second, it helped me to feel more alert and focused. Now that I am working again as an Acupuncturist and Herbalist, I must be able to concentrate well. Goji & Schizandra combination has really helped me to feel more mentally

alert and energized, yet calm enough to deal with the demands of work and motherhood. It is also said that Goji & Schizandra are great beauty herbs, and I think it has the ability to make you feel beautiful on the inside, which radiates to the outside. Since I have been taking it, friends comment on how great my skin looks and how radiant I seem. I give full credit to these two profound herbs! I often give this formula to my own patients, and I hope all women and especially all new mothers will consider taking this formula. Thank you Dragon Herbs!

-- Elizabeth Fine, Licensed Acupuncturist, Los Angeles, CA

Schizandra Capsules

100% premium wild Schizandra berries from Changbai Mountain, picked in their prime, are extracted at low temperature, using a proprietary technique to assure that all the major phytochemicals are preserved, and the resulting concentrate is spray-dried to make a remarkable concentrated powder. The essential oils are captured in the process and re-introduced to the powder. This is the finest powdered Schizandra extract in the world.



Code 548 Price: \$29 100 caps, 500 mg each

Goji & Schizandra Drops

A rich hydro-ethanolic extract of Schizandra fruit and Goji (Lycium) berries. These two herbs have traditionally been used as a super-combo to tonify the kidneys, liver, heart, lungs, brain, skin, blood, sexual functions and much more. Its wonderful flavor and wide range of benefits have made this Ron Teeguarden's number one selling tincture for over a decade. Consciously produced with ultimate care to retain all the subtle chemistry that makes this one of the great herbal elixirs in the world. Schizandra promotes sound sleep when combined with yin herbs like Goji berries.



Goji (Lycium) was the tonic of choice by the legendary "Herb King", Sun Si-Miao, who consumed Goji every day throughout his entire life. Despite his weak constitution, he became as famous for his longevity as for his contribution to Herbalism. 1500 years ago, when the average life span was only around 20 years, Sun Si-Miao lived to be 101 years old!

- The most famous superfruit for fighting stress, gaining strength and preserving youth.
- Grown in the pristine virgin land of Heaven Mountain.
- The Goji plant is an extremely hardy plant with a bio-chemistry that can help build your adaptability and stress resilience.
- A "GREEN" hero in reversing desertification

Code 012 Price: \$25 2 fl. oz. bottle

Supreme Protector

This best-selling Dragon Herbs formula is our primary formula for protection. It contains Reishi mushroom, Astragalus root and Cordyceps mushroom to build Qi and support immune functions. Schizandra is the other major component because it provides protection from toxins by tonifying and clearing toxins from the liver.



Code 100 Price: \$36 100 caps, 500 mg each



Samples available upon request



(While supplies last)

Liver Tonic

Liver tonic is actually a blend of super-tonics that benefit the liver by purifying and tonifying it for long-term health. This is not a quick fix product. It is designed to be used for as long as one wishes in order to establish and maintain optimal liver health while providing adaptogenic benefit to the entire body.



Code 195 Price: \$36 100 caps, 500 mg each

Schizandra eeTee

This product is produced using FITT™, Fingerprint Identical Transfer Technology™. This proprietary extraction technology captures the original phyto-chemical profile of a botanical (the plant's fingerprint) and transfers it safely and almost identically into the final extract, preserving the aroma, color and taste of the plant perfectly.



FITT™ is a raw extraction, with the entire process' temperature controlled under 104° F.

2.1 oz. / 60 grams

Code 811 Price: \$35

Schizandra eeTee 30 sticks

This product is produced using FITT™, Fingerprint Identical Transfer Technology™. FITT™ is a raw extraction, with the entire process' temperature controlled under 104° F.



2 grams/each

Code 810 Price: \$45

Organic Changbai Mountain Schizandra Fruit

Raw herb
6 oz. (170g) bag



Code 8001 Price: \$9.95



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Schizandra

Wu Wei Zi, Schizandra chinensis

The Quintessential Tonic Herb



1 fruit, 5 flavors, 5 organs and the 5 Elemental Energies



- A rare herb that can benefit **all the bodily functions and organs**
- Beautifies the **skin**
- An excellent **mind** tonic: helps sharpen concentration, improve memory and increase alertness
- Helps support a healthy **liver**
- A powerful **SEX** tonic



Schizandra

The Quintessential Tonic Herb

In Chinese herbalism, all herbs contain one or several of the 5 flavors: **sweet, sour, spicy** (pungent), **salty** and **bitter**. The five flavors represent different

functions of the human body. The five flavors are also attracted to and nourish different organs. Sourness enters the **Liver**, bitterness enters the **Heart**, sweetness enters the **Spleen**, spiciness enters the **Lungs** and saltiness enters the **Kidneys**. It is ideal to consume all five flavors in our daily diet to maintain internal balance and proper organ nourishment. **Schizandra is the only herb that contains all five flavors.** The very name of Schizandra in Chinese, Wu Wei Zi, means "Five Flavors Fruit." Schizandra has earned a reputation as the "quintessential tonic herb" because it can benefit all five primary organs and nurtures all five Elemental Energies of the human body in Traditional Chinese Medicine (TCM): **Wood** (Liver), **Fire** (Heart) **Earth** (Spleen), **Metal** (Lungs) and **Water** (Kidneys). Schizandra also supplies energy to all 12 energy meridians (energy channels that flow throughout the body), making it a complete body tonic. To top it off, Schizandra tonifies all 3 Treasures, **Jing, Qi** and **Shen** (life's three primary energies).

Schizandra is famous in the Far East for promoting beauty, intelligence, sexual vitality, wisdom, endurance and powerful lungs. Schizandra is one of the safest and most effective cleansing herbs in the world, and is especially protective of the liver, skin and brain. **Schizandra can be consumed daily throughout one's lifetime as an anti-aging herb and to promote longevity.***

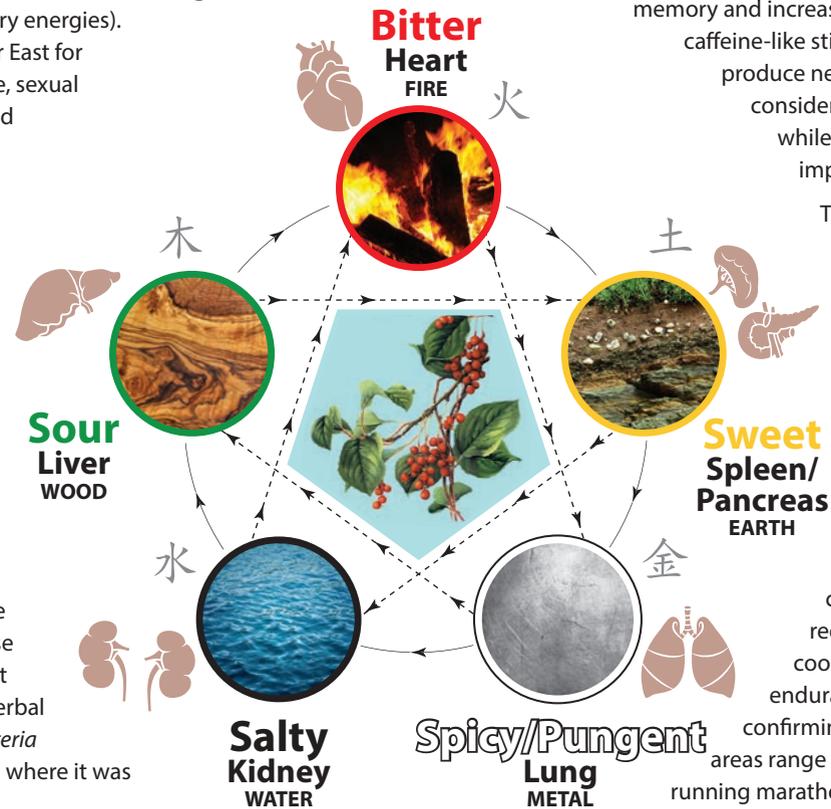
Schizandra has been used since the dawn of Chinese civilization as a tonic herb. From the beginning it has been revered, and remains one of the elite herbs of the Chinese system of herbalism. It was first written about in China's first herbal encyclopedia, *Shen Nong's Materia Medica*, in the first century B.C. where it was listed as a *Superior Herb*.

The Taoists especially revered Schizandra. Taoist Master Sung Jin Park, Ron Teeguarden's teacher,

Tonifies all 3 Treasures

Nurtures all 5 elements

Enters all 12 meridians



This chart illustrates the interconnectedness of the Five Elements and the 5 primary organs.

considered it to be his favorite herb. This is because Schizandra tonifies all 3 treasures, enters all 12 meridians and nurtures all 5 elements. Master Park considered it to be the quintessential herbal substance. Though Schizandra is believed to benefit all the functions of the body, it has traditionally been considered to have the most influence on the Kidney, Lung and Liver functions.

A Famous Beauty Herb

Schizandra is widely used to beautify the skin and to protect the skin from the damaging effects of the sun and wind. Due to the astringent quality of Schizandra, the skin tends to hold its moisture and becomes full and beautiful. It has always been very popular with the wealthy men and women of China, especially the women of the imperial court, because of its youth preserving and rejuvenating effects. It is said that those who use Schizandra consistently will remain youthful in both appearance and physiology. Their skin virtually glows and becomes fine after several months.

An Excellent Mind Tonic

With Double-Direction Regulation On The Central Nervous System

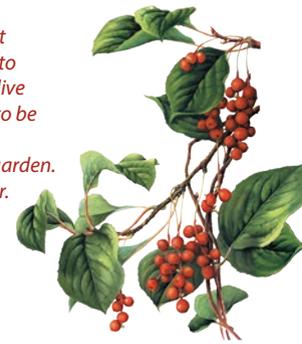
Schizandra is considered to be one of the premium mind tonics of herbalism. It is used to sharpen concentration, improve memory and increase alertness. Yet, unlike caffeine-like stimulants, this herb does not produce nervousness. In fact, some people consider Schizandra mildly "calming" while producing wakefulness and improved focus.

The ability of the dried fruit to increase mental and physical activity in humans was reported in numerous studies conducted in the 1950s. It has been demonstrated that human intellectual activity can be enhanced and work efficiency increased by consuming Schizandra. Various tests have shown that moderate doses of Schizandra can improve various activities requiring concentration, fine coordination, sensitivity and endurance. The tests in humans confirming Schizandra's efficacy in these areas range from threading needles to running marathons.

Schizandra has been demonstrated in laboratory animals and in humans to have a stimulant



"My daddy tells me that people eat Schizandra to become beautiful and live long. But, I don't want to be eaten, no way!!!"
- Schizandra Teeguarden.
Ron & Yanlin's daughter.



action on the central nervous system. The herb works directly on the nervous tissue.

Conversely and paradoxically, Schizandra also promotes sound sleep when combined with yin herbs or sedative ("Shen stabilizing") herbs. Schizandra does not make people sleepy, but when it is time to sleep its action on the brain results in deeper, more satisfying sleep.

Many studies now indicate that Schizandra actually has a powerful balancing, or regulating, action on the central nervous system. It can result in accurate and optimal balancing between the excitatory and inhibitory control functions of the cerebral cortex.

Because of this capacity to balance and regulate, Schizandra is considered to be "bidirectional" and is categorized as an "adaptogen."

Schizandra, the Perfect Liver Herb

Helps support a healthy liver

Schizandra stands along with Reishi as one of the elite liver cleansing agents used in tonic programs. Schizandra does not have the side effects that are associated with many of the "medicinal," or "inferior" liver cleansing herbs. Schizandra extracts are widely believed to protect the liver from damage due to natural toxins and metabolic



Schizandra is frequently pictured in ancient art as a symbol of longevity and beauty, and even the ability to attain "immortality." In this painting, Magu, the goddess of beauty and eternal youth, according to Chinese legends, is shown serving a tray of Schizandra, Reishi mushroom (the "herb of immortality"), and a "peach of longevity" to her immortal friends. She is said to appear forever 18.

byproducts, as well as the unnatural by-products of our modern world ("xenobiotics").

The liver plays a key role in the ongoing natural detoxification process of the body. The liver screens for toxins found ubiquitously in our environment and removes them from the blood stream. This is the normal, healthy function of the liver. These toxins can be eliminated from the body by binding to chemicals in the blood, and then the body passes them out through the bowels and urinary system. Schizandra has been shown to help support the liver. It does this by supporting the natural detoxification processes of this critical organ. Schizandra is a tonic herb that has been used for thousands of years. Millions of people have consumed it daily. This would not be possible with a typical "cleansing herb" because cleansing herbs typically have side effects. A person can consume Schizandra every day to nurture many aspects of our body and mind, and simultaneously it contributes to the purity of our system. It is a unique herb.



Schizandra is traditionally believed to be very effective in supporting the liver's natural detoxification processes.

A Powerful SEX Tonic

Schizandra is said to increase the "Water Qi in the Kidney." In particular, it is said to vastly increase the "Water Qi of the genital organs," referring to the sexual fluids. Schizandra is said to promote the production of semen. It is famous for its ability to relieve sexual fatigue and for increasing the sexual staying-power in men. It is thus an ingredient in the vast majority of men's sexual tonics in Asian herbalism.

Women benefit from the same capacity to increase Water Qi of the Kidney. Schizandra is said to support circulation and sensitivity in the female genitals. Many women claim increased genital warmth and sensation after using Schizandra for a period of time. The Chinese sexual classics claim that continuous use by a woman will increase the amount of "female elixir," a euphemism for vaginal secretions, during intercourse.

For both men and women, Schizandra is considered to have "aphrodisiac" qualities, especially when combined with other Kidney tonifying herbs like Goji, Cistanche, Deer Antler, Epimedium, etc. Furthermore, Schizandra is one of the most important *astringent* herbs used in Chinese herbalism. An astringent herb conserves fluids, and in the case of Schizandra, it tends to contain sexual fluids until the appropriate time of release. That is their classic use in Chinese herbalism. Thus, consuming Schizandra for a period of time, one tends to build up sexual fluids. Schizandra is used in sexual formulations to help promote incredible endurance.