

Schisandra Berries Benefits

Scientific Ingredient Explainer

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Schisandra berries, also known as “five-flavor fruit,” are small red berries packed with powerful health benefits. Used for centuries in Traditional Chinese Medicine, *Schisandra chinensis* is now gaining modern attention for its role in promoting energy, metabolism, and skin health.



What are Schisandra berries?

Schisandra is a climbing vine native to Northern Asia. Its berries contain all five taste elements and are loaded with antioxidants, lignans, and flavonoids. They're classified as adaptogens — natural substances that help the body adapt to stress.

Key Benefits:

- Promotes mitochondrial health – helps the body burn fat more efficiently and increases cellular energy (ATP)
- Reduces stress – supports hormonal balance and helps regulate cortisol levels
- Improves skin elasticity – protects collagen and fights oxidative stress
- Supports liver function – aids detoxification and protects liver cells
- Enhances brain clarity – supports memory and focus

How it works in Mitolyn:

Schisandra is included in the Mitolyn formula to work synergistically with ingredients like Maqui Berry, Astaxanthin, and Cacao. Together, they help boost energy, support metabolism, and promote overall wellness.

Scientific Support:

Reference – Mitochondria & Muscle:

Schisandrin C was shown to improve mitochondrial biogenesis and autophagy in muscle cells.

Kim JS, Yi HK. 2018. Naunyn Schmiedeberg's Arch Pharmacol. <https://doi.org/10.1007/s00210-017-1449-1>

Reference – Antioxidant Effects:

Confirmed Schisandra's protective cellular effects.

Kopustinskiene DM, Bernatoniene J. 2021. Antioxidants (Basel). <https://pubmed.ncbi.nlm.nih.gov/33915903/>

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The MitolynSecret Crew