

\*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.

**Flavor** — Bright tart gives way to a fleeting berry sweetness, a flash of acrid, a bite of bitter, and a subtle salty finish

Schizandra is known as the “quintessence of tonic herbs” because it nurtures all three Treasures (Jing, Qi and Shen) and all five Elements (Wood, Fire, Earth, Metal and Water). It is adaptogenic and helps support stress response, mental energy and beauty. It makes a fantastic tea with all five tastes (sweet, sour, salty, spicy and a touch of bitter). That’s how it got its name: Wu Wei Zi, or “Five Flavor Fruit.”\*



Dietary Supplement

Net Wt. 3.7 oz (105 g)



# Schizandra

Ron Teeguarden's  
Dragon Herbs®

## Supplement Facts

Serving Size: 1 g

Servings Per Container: 105

Amt/Serv

Organic dried  
Schizandra fruit 1 g †

† Daily value not established

Manufactured for:

**Ron Teeguarden's**

**Dragon Herbs**

P.O. Box 361459

Los Angeles, CA 90036

More *My Cup of Tee*® ideas and instructions on our website.

[www.dragonherbs.com](http://www.dragonherbs.com)

(888) 55 - TONIC

(888) 558-6642



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**Directions:** Add the amount of botanicals per a recipe, as desired, or as directed by a health practitioner. The proper way of extracting botanicals depends on parts used. Flowers, fruits and leaves can usually be steeped or decocted (boiling over fire) while stems, barks and roots typically require decocting.

In a *Desktop Botanical Garden*™ *Glass Tea & Elixir Maker*, add 1 part botanical(s) and 5-8 parts water, steep or decoct for 5-20 minutes. You can boil water directly in the *Elixir Maker*. Repeat this process for 2<sup>nd</sup> or 3<sup>rd</sup> extraction until all active constituents have been extracted.