

God's Gifts
from the Earth
for Our Health
& Healing



EVERYTHING
HERBAL
BY CHERYL JABZ

Adaptogenic
Revitalizing
Time-Honored
Wellness

Schisandra

HEALTH BENEFITS

Schisandra (*Schisandra chinensis*) is a powerful adaptogenic berry used in Traditional Chinese Medicine for centuries to support vitality, endurance, and overall balance.



SUPPORTS ENERGY & STAMINA

Helps the body adapt to stress and supports physical endurance and vitality.



ENHANCES MENTAL CLARITY

Promotes focus, concentration, and memory while supporting a calm, balanced mind.



STRESS & ADAPTATION SUPPORT

An adaptogen that helps the body manage stress and supports emotional resilience.



SUPPORTS LIVER HEALTH

Traditionally used to support liver function and promote natural detoxification.



ANTIOXIDANT POWER

Rich in antioxidants that help protect cells from free radical damage and support healthy aging.

TRADITIONAL USES

- ✔ Supports overall vitality and longevity
- ✔ Promotes healthy stress response
- ✔ Supports respiratory and immune health
- ✔ Encourages healthy skin and youthful glow
- ✔ Used in teas, tinctures, powders & capsules

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Ancient Berry.
Modern Wellness.



HERBAL TIP: Schisandra has five distinct flavors—sweet, sour, salty, bitter, and pungent—believed to support balance in the body and mind.



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HERBS
RECIPES
WELLNESS

www.EverythingHerbalbyCherylJabz.com

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NATURAL
SIMPLE
EFFECTIVE

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