

DUOLIFE

Schisandra Berry

Food supplement

DUOLIFE Schisandra Berry is a food supplement from **the Pure Formula line**, which contains Schisandra berry extract in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time.

Schisandra berry fruit has adaptogenic and antioxidant properties. Moreover, it supports the functioning of the nervous system, including the maintenance of optimal mood, memory, and concentration. It will also work for those wanting to support the immune system functions. Schisandra berry fruit is standardised to contain as much as 10% of the active compound - schisandrin. Thanks to standardisation, the amount of schisandrin in the product is guaranteed.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



Naturally sourced ingredients

When should DUOLIFE Schisandra Berry be used?

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The DUOLIFE Schisandra Berry food supplement is intended for use as support for optimal body functions in the case of:

- ▶ people exposed to chronic stress;
- ▶ economically active people working under time pressure;
- ▶ it will also work for those wanting to support the immune system functions;
- ▶ those wanting to support antioxidative processes and the reduction of the negative impact of oxidative stress on the body;
- ▶ those wanting to maintain optimal mood;
- ▶ those wanting to support memory and concentration;
- ▶ those caring for optimal cognitive processes;
- ▶ those wanting to maintain the optimal condition of the nervous system.

How does the schisandra berry extract found in DUOLIFE Schisandra berry food supplement work?

DUOLIFE Schisandra Berry is a food supplement based on high-quality schisandra berry fruit extract standardised to 10% schisandrin content. Thanks to standardisation, the amount of schisandrin in the product is guaranteed.

Schisandra berry extract found in **DUOLIFE Schisandra Berry** supports:

- ▶ body immunity to stress;
- ▶ nervous system function and a good mood;
- ▶ concentration, memory;
- ▶ oxidative stress reduction;
- ▶ antioxidative processes;
- ▶ immune system functions.

Instructions for use: 2 capsules a day, with a meal. Do not exceed the recommended daily dose. Food supplements should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

It is beneficial to combine the DUOLIFE Schisandra Berry food supplement with:
DUOLIFE My Mind, ProRelaxin®, BorelissPro®, ProDeacid®, ProBactilardii®, DUOLIFE Dzień, DUOLIFE Chlorofil, DUOLIFE Vita C, DUOLIFE Vita C Powder, and other products from the DUOLIFE Pure Formula.

Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

Ingredients in a daily dose (2 capsules): Schisandra berry (*Schisandra chinensis*) fruit extract, 10:1 (408 mg), standardised to 10% schisandrins content (40.8 mg), acacia fibre. Coating ingredient: hydroxypropyl methylcellulose (HPMC).

Discover the ingredients of the DUOLIFE Schisandra berry food supplement

Schisandra berry (*Schisandra chinensis*) fruit extract, 10:1, standardised to 10% schisandrins content

Schisandra berry is one of the few new species of medicinal plants introduced to the official use as a pharmacopoeia species in the European medicine (including Poland) only a few years ago. Schisandra berry is used as a plant **boosting the general psychophysical condition in humans**. Primarily, it helps **reduce stress and tension, supports the functioning of the nervous system and calmness**. The most important components of the Schisandra berry fruit are lignans, including **schisandrins**. These compounds show **hepatoprotective, adaptogenic and antioxidant effects**^{1,2}. Strong **adaptogenic properties** of Schisandra berry fruits stand out in particular. The term adaptogen refers to a substance allowing the body to react to physical, chemical and biological stress agents, by increasing a non-specific body response to a given stressor. An adaptogen increases the body's ability to adapt to changing conditions in its environment.

As an adaptogen, schisandra berry helps the body adjust to ever-changing environmental conditions³. One of the biggest problems faced by contemporary man is stress and work under pressure that, when present for a prolonged time, have negative effect on a human body. Besides the deterioration of health, they also lead to decreased life satisfaction. Schisandra berry **helps reduce this tension and eases fatigue** resulting from constant emotional stimuli and stressful job. As an **antioxidant** with protective properties on body cells, as well as a plant with properties **fostering the minimisation of inflammatory processes**, schisandra berry supports also **the functioning of the immune system** and helps activate it to fight pathogens.

Schisandra berry is also helpful during cold and helps ease the emerging symptoms⁴⁻⁶.

Polysaccharides found in *Schisandra chinensis* foster the maintenance of the **optimal level of neurotransmitters in the central nervous system**, thus indirectly contributing to the **improved ability to learn and memorise**. Indirectly, **they also improve alertness, foster the improvement of concentration and mental performance without nervousness and irritation**¹. Schisandra berry fruit extract shows also the effect **that fosters the**

maintenance of optimal mood and functioning of the cholinergic system, which is responsible for cognitive function, memory, and concentration⁷. What's more, the effect of lignans found in *Schisandra chinensis* on the **shortened fatigue and a boost in resilience** was proven based on clinical trials^{1,8}.

The DUOLIFE Schisandra Berry food supplement also contains acacia fibre, which synergistically supports the action of the main ingredient - Schisandra berry fruit extract.

Acacia fibre

Acacia fibre found in the DUOLIFE Schisandra Berry food supplement is a natural bulking agent with valuable properties. Acacia fibre is sourced from acacia trees growing in Africa; it belongs to the soluble fibre fraction and supports the health-oriented effect of Schisandra berry. Moreover, fibre is included in the group of the so-called prebiotics stimulating the growth of natural intestinal microflora. It also fosters optimal functioning of the digestive tract. It helps intestinal peristalsis, has a positive impact on the so-called gut-brain axis, contributing to supporting the functioning of both the gastrointestinal and central nervous systems⁹.

What makes DUOLIFE Schisandra Berry so special?

- ▶ **Simple, targeted composition** – based on the main active ingredient **with known properties and concentrated dose**.
- ▶ **Product with comprehensible purpose** – featuring health statements on the label, which makes it easier to recommend the product.
- ▶ **Naturally sourced ingredients**.
- ▶ **No artificial fillers, preservatives or unnecessary additives**.
- ▶ **Convenient form of use** – capsules **made of organic cellulose derivative (HPMC; hypromellose; hydroxypropyl methylcellulose)** with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the PURE FORMULA line – easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE and GMO-free**.
- ▶ The product is **GLUTEN-FREE** – suitable for people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.
- ▶ Multilingual label.

i Reference list for DUOLIFE Schisandra Berry formulation can be found in the separate sheet of the binder.