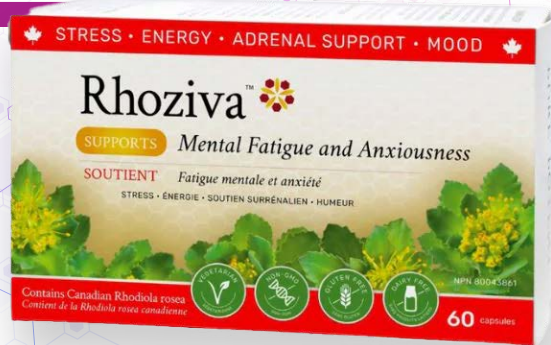


RHOZIVA



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WHAT IS IT?

Rhodiola is a potent plant medicine that grows in extremely cold climates. The innate mechanisms and constituents that allow rhodiola to thrive in these harsh climates help the body to become resilient to stressors it encounters- mental or physical. The root of the rhodiola plant is known as an adaptogen and its primary function is to reduce stress. Rhodiola is useful in several conditions because stress is one of the largest contributing factors leading to chronic illness.

WHAT DOES IT DO?

Rhodiola exhibits many biological activities, and is most noted for increasing physical and mental performance due to its strong adaptogen activity. It also enhances the immune system, improves memory and learning, protects the heart and the brain and helps reduce anxiety and increase mood. In addition, rhodiola exhibits antiviral and anticancer properties. It works to lower cortisol, and supports the adrenal glands. The most unique property of rhodiola is that it simultaneously reduces stress and anxiety while providing and instant energy.

WHY TAKE RHODIOLA?

Rhodiola is thought to increase chi, or vital life force and fortifies the whole body for optimal energy and health. In times of excess stress, rhodiola increases mental stamina and physical energy while promoting mental focus and concentration. It enables focus and provides energy providing short-term relief while preventing negative downstream effects of stress.

WHO WOULD BENEFIT FROM RHODIALA ROSEA?

- Those experiencing any sort of stress
- Athletes
- Students
- Anyone looking to increase mental performance at work
- Those experiencing brain fog
- Those with anxiety
- People who experience fatigue
- Those wanting more energy
- People wanting a better, more restful sleep



STRESS RELIEF

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- Balances stress hormones while providing a boost in energy and mood
- Lowers cortisol
- Helps mitigate adrenal fatigue
- Harmonizes the central nervous system



CHRONIC FATIGUE

[LEARN MORE](#)

- Boosts ATP synthesis in the mitochondria
- Balances serotonin which is involved in energy levels
- Reduces both physical and mental fatigue
- Clinical improvements on 8 fatigue assessments done on those diagnosed with chronic fatigue



ANXIETY

[LEARN MORE](#)

- Clinically backed anxiolytic effects
- Shown to reduce severity of generalized anxiety disorder (GAD)
- Influences levels of serotonin, dopamine, norepinephrine in the central nervous system and helps shift the body from the 'fight or flight' state to the calmer parasympathetic state known as 'rest and digest'
- Helps stimulate receptors in the brain that are correlated with relaxation and calmness



BRAIN HEALTH

[LEARN MORE](#)

- Enhance work performance
- Decrease brain fog
- Reduce mental fatigue /improve cognitive function
- Enhance memory and learning