

Rhodiola Rosea

Support for occasional stress[†]

INDICATIONS

- Ages 18 and up
- Support for occasional mental and physical stress[†]

BENEFITS

- Helps lessen mental and physical stress and promotes endurance[†]
- Supports healthy glucose metabolism[†]
- May promote endurance[†]
- May help maintain healthy adrenal catecholamine activity during occasional stress[†]

FEATURES

- Standardized to contain 3% total rosavins and 1% salidroside
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Rhodiola rosea, a Siberian plant also known as Golden root, has been used traditionally for hundreds of years to help lessen mental and physical stress and to promote endurance.^{1,2} Animal studies indicate that the extract also appears to maintain healthy adrenal catecholamine activity during stress and provide cardioprotection by moderating stress-induced catecholamine release in the myocardium.³ Furthermore, *Rhodiola rosea* has demonstrated the potential to support healthy glucose metabolism.⁴ *Rhodiola* may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications.[†]

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, between meals

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- *Rhodiola rosea* is derived from the root and standardized to contain 3% total rosavins and 1% salidroside
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 3 caps

Bottle counts 90, 180

Order codes RR9, RR1

Bottle sizes 75 cc, 120 cc

REFERENCES

1. Spasov AA, et al. *Phytomedicine*. 2000 Apr;7(2):85-9.
2. De Bock K, et al. *Int J Sport Nutr Exerc Metab*. 2004 Jun;14(3):298-307.
3. Maslova LV, et al. *Eksp Klin Farmakol*. 1994 Nov-Dec;57(6):61-3.
4. Li HB, et al. *Eur J Pharmacol*. 2008 Jul 7;588(2-3):165-9.

SUPPLEMENT FACTS

1 capsule, 1-2 times daily, between meals.

Each (size 3) vegetarian capsule contains:

Rhodiola (*Rhodiola rosea*) extract (root) 100 mg
(standardized to contain 3% total rosavins and 1% salidroside)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)



Rhodiola Rosea	Quantity	Order Code
	180	RR1
	90	RR9

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