

Rhodiola Extract (3% Rosavins)  
**250 mg, 60 vegetarian capsules**  
Item Catalog Number: 00889

A common complaint among older adults is loss of physical and mental energy. As people age, their cells' ability to produce energy is diminished. Many scientists believe that cellular energy deficit is a critical factor in the onset of many degenerative problems.

The Russian herb Rhodiola (*Rhodiola rosea*) has demonstrated a remarkable ability to support cellular energy metabolism. Rhodiola promotes higher levels of ATP (adenosine triphosphate) and CP (creatine phosphate) in the cellular power plants known as the mitochondria, thus providing more of the energy molecules needed to perform many daily activities.<sup>49</sup>

In a human clinical trial, rhodiola aided exercise endurance after just a single dose.<sup>50</sup> In another double-blind crossover human trial, rhodiola increased several measures of mental performance, including associative thinking, short-term memory, concentration, calculation and speed of audiovisual perception. Statistically significant improvements were reported after just two weeks of supplementation.<sup>51</sup> A more recent human trial also documented *Rhodiola rosea* significantly improves physical and cognitive deficiencies.<sup>52</sup>

Unlike other Rhodiola supplements on the market today, Rhodiola Extract uses only the authentic *Rhodiola rosea* species and is standardized to contain the proven 3:1 ratio of 3% rosavins and 1% salidroside, matching the concentrations of active adaptogens used in clinical trials.

## References

### Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

#### Amount Per Serving

*Rhodiola Rosea* Root Extract

250 mg

[standardized to 3% rosavins (7.5 mg), 1% salidroside (2.5 mg)]

Other ingredients: vegetable cellulose, rice flour, magnesium stearate, silica.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

### Dosage and Use

- Take one capsule daily with food, or as recommended by a healthcare practitioner.

### Caution

Individuals with anxiety, manic, or bipolar disorder should not use Rhodiola. Take early in the day if Rhodiola Extract interferes with your sleep.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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